

INTERACTIONAL BEHAVIOR CHARACTERISTICS OF  
SPOUSES RELATED TO EXPERIENCED MARITAL QUALITY

By

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The purpose of this research was to see if the self-reports of husbands and wives about the quality of their marital relationships were related in a consistent fashion to the observed interaction between the mates of each couple. The literature on interpersonal relations was reviewed to obtain operational procedures for the study of experienced quality and interactional behavior and to find theoretical constructs associating these two realms of variables.

Relationship quality was assessed by a Love Scale and a Marriage Problems Scale. Interactive behaviors were recorded by observers using the Bales Interpersonal Rating System, which included procedures for reducing the data to three dimensions: power, affection, and attitudes toward social movement or social convention. These three dimensions have been repeatedly found to be fundamental factors in interpersonal relations.

A hypothesis was formulated for each interactional dimension on the basis of social exchange theory and Sullivanian interpersonal dynamics. It was predicted for the power dimension that couples reporting the highest quality would relate to one another in a reciprocal manner; i.e., they would appear more dissimilar in these behaviors than couples reporting lower quality. An inverse function was predicted for the remaining dimensions. Specifically, it was anticipated for the affectional dimension and social movement or convention dimension that couples reporting the highest quality would relate to one another in a corresponding manner; i.e., they would appear more similar in these behaviors than couples reporting lower quality.

Forty-eight young, recently married (under five years), childless, college-educated couples participated as subjects in the research. The most significant finding showed that the great majority of these couples reported that their marriages were very high in love and had few problems. In fact, these couples for the most part scored well above Love Scale norms previously obtained for both functional and dysfunctional marriages.

The study had been undertaken with the goal of obtaining a relatively homogeneous sample of subjects so that while the results would be restricted in generality, any significant findings would have less chance of being confounded by known or unknown variables. The sample characteristics noted above show that this end was well served in the study.

The expected associations between mates' reports of quality, and a principle of correspondence in their affectional and social movement behaviors, were found. However, the data were equivocal. For the social movement dimension the trend was slightly below statistical significance, and while the results for the affectional dimension were highly significant, there was also evidence that simply positive, or friendly, behaviors were associated with the highest quality.

The data provided no support for the hypothesized relationship between reported quality and dissimilarity on the power dimension. Instead, for this dimension there were indications that the highest quality was associated with a trend toward assertiveness on the part of both spouses.

Additional results indicated some differences between husbands and wives in the way their reports of quality were associated with interactional behaviors. These findings were discussed in terms of the role theoretical perspective on marriage and as possible sources of tension in marriage.

Implications were drawn from the findings, reflecting on the changing nature of marriage in the United States today. Suggestions appropriate for marriage and premarital counseling were also made on the basis of the study's results.

## CHAPTER I

### INTRODUCTION

In our culture, as in most others, marriage is a highly significant relationship and may perhaps be the most significant relationship a person may enter. Marriage is regarded as a fundamental institution of our society, as a prerequisite for family life and child-rearing. As with any important social unit there are many different opinions about the basic nature of marriage, and the sort of relationship it should be. Some regard a proper marriage as a union of souls and believe that marriages are made in heaven. This opinion, of course, is that of the poet, who regards marriage as the epitome of love and who feels that people should marry only on the basis of "magnetic attraction." In contrast to idealists with romantic notions of marriage, others are highly dispassionate about the relationship. Here are represented individuals who bring marriage under the purview of legal binding and see marriage as primarily a contractual agreement necessary for the protection of children and women.

Psychologists and sociologists approach marriage in a different way. Rather than intuitions or pragmatic views about the meaning of marriage, social scientists study the dynamics of the relationship in terms of observable variables. Looked at in this

way, marriage is seen as an interpersonal relationship that is not substantially different from many other kinds of relationships where interpersonal behaviors supply the data of concern.

Researchers have posed the question "Who gets along with whom?" and in looking for the answer, have studied small groups. Following the assumption that marriage is similar to other interpersonal relationships, many findings regarding small groups may be applicable to the marital dyad. However, a basis for caution in extrapolating findings on interpersonal relations from small group research to marriage may be found in the formulation of Secord and Backman (1964). They noted that there are certain stages through which relationships pass; namely, sampling, bargaining, commitment, and institutionalization. Institutionalization is of course the stage in which most marriages exist, while encounters between members of small groups represent sampling or bargaining behaviors. Because of this distinction as well as others, it is necessary to specify clearly the nature of the relationship and to qualify appropriately when making inferences about marriage from general research on interpersonal relations.

Another related point to take into consideration is that individuals who are married to each other possess, to a great degree, a shared history. It is reasonable to assume that spouses have evolved their interactional patterns on the basis of their past interactions with each other. A test of this phenomenon may be seen by comparing mates with interacting persons in most other small groups. The latter have not jointly developed many behaviors

toward one another and are instead engaging in behaviors of a more general sort. Spouses deal with one another in many ways on many levels, from the mundane tasks of maintaining a standard of living to the most intimate expressions of feeling. There seems to be no other relationship with as much variety in the types of interactions appropriate, and necessary, to continuance.

Thus, the marriage relationship can be compared and contrasted with other interpersonal relationships. However, in considering research on marriage alone there are found to be still other differentiating factors within this institutionalized relationship. Hicks and Platt (1970) reported that family sociologists have for many years postulated that at least two basic marital types coexist in the United States: the institutional and the companionship. According to Hicks and Platt the institutional form is the older, more firmly established type, but recently, for a variety of social and personal reasons, there has been a shift toward the companionship marriage. They noted that in the institutional marriage, adherence to traditional role specifications, customs, and mores is the factor most significantly related to the happiness and success of the relationship. The companionship marriage, on the other hand, is characterized by the placement of greater emphasis by the participants on the affective and emotional aspects of the relationship. Individuals who enter companionship marriages are concerned with equality between the personal rights of each sex, and in terms of the relationship's quality, greater emphasis seems to be placed on the interaction of the two personalities involved.

Scanzoni (1972) was very much in agreement with the trend noted by Hicks and Platt. Scanzoni discussed the changing nature of the marital relationship as a function of the changing role of women in our society. He pointed out that while some observers believe that marriage itself is on the decline, in terms of the numbers of people who are institutionalizing their relationships, the data do not support this impression. He indicated that statistically, Americans are marrying as much as ever. Scanzoni noted too, however, that the form of marriage is undergoing transformation. To show the alterations in the nature of marriage, he presented the historical changes that have taken place in the role relationships of husbands and wives regarding rights and duties. He said that before 1900 women were almost universally considered the property of the husband. Then, at a later time, a woman was frequently regarded as a complement to a man, and still later she was seen as a junior partner. Scanzoni stated that most recently in our society, wives seem to be moving toward achieving status as an equal partner. He added, however, that the actual societal position held by women both in and out of the family remains subordinate to that of men. The trend toward equality is distinct, nevertheless, at present, and its effects on marital relations are also apparent.

The concern of the present work is marital interaction. Specifically, this is a study about the quality of the marriage relationship as perceived by the mates and the characteristics of the interpersonal interactions they engage in with each other. The overall purpose is to find, in marriages distinguished on the

basis of the individuals' experience of relationship quality, differences in the ways the spouses behave with one another on certain experimental tasks.

## CHAPTER II

### REVIEW OF PERTINENT LITERATURE AND DEVELOPMENT OF THE PRESENT PROBLEM FOR STUDY

#### Relationship Quality

Previous research studies of marital relationships have used many definitions of relationship quality. The concepts most typically employed to assess marriage quality have been the norms of happiness and stability (Hicks & Platt, 1970). Unfortunately, these are phenomena that are difficult to measure. Hicks and Platt noted that the words happiness, success, adjustment, and satisfaction have many nuances of meaning, and behavioral scientists have typically been unable to formulate precise definitions for them. As an alternative, researchers have tended to let the subjects provide their own definitions in reporting happiness or stability.

Many paper and pencil inventories have been developed for the assessment of over-all quality of the marital relationship. However, the majority of these instruments provide only unidimensional constructs of good-bad, happy-unhappy, or stable-unstable. The present study is concerned with phenomena that may be quite subtle, and for this reason it is necessary to use definitions of quality that are well differentiated and provide information from a number of areas relevant to relationship quality. Swensen and Fiore have

have provided two scales that seem suitable to the needs of the present investigation. Swensen (1973b) has designed a Scale of the Feelings and Behaviors of Love, and Swensen and Fiore (1975) developed a Scale of Marriage Problems.

Swensen (1973b) reported that the Love Scale was constructed as a step toward the study of love relationships among normal people. Swensen (1972) discussed how he went about building this instrument and indicated that beyond defining love as a relationship phenomenon he had to outline aspects for specific study. He noted that love is what is inferred from concrete evidence, and since love cannot be studied directly, it is necessary to study the effects of love. His Love Scale is constructed around descriptions of the consequences of love and the ways people have for expressing their love. Unlike a poetic portrayal of magnetic attraction, Swensen (1972) believed love is not a discrete force. Instead he viewed it as the extreme positive end of all kinds of interactive behaviors in relationships. He believed that even eros, the consummative love between a man and a woman, is represented on the Love Scale. Eros is different from other kinds of love only in the breadth and quantity of its expression, not in the introduction of new qualities missing from other love relationships.

Swensen (1973b) reported that he evolved his Love Scale, over the course of several factor analytic studies, using an original pool of items associated with the feelings and behaviors of love. He stated that seven factors repeatedly appeared in the analyses: (1) verbal expression of feelings; (2) self-disclosure of personal

facts about oneself; (3) willingness to tolerate the less pleasant aspects of the loved person; (4) moral support, encouragement, and interest (non-material evidence of love); (5) feelings that the person felt but had never expressed verbally to the loved person; (6) giving gifts, doing favors or chores, and providing material support (material evidence of love); (7) physical expression of love. In composing the Love Scale from the results of the factor analytic studies, Swensen eliminated Factor 7 because he found it to be highly consistent with the type of relationship under consideration (e.g., parent-child, same-sexed friend, etc.) and had little discriminative value with respect to relationship quality. Thus his Love Scale contains six subscales, one to represent each of the remaining factors.

Swensen (1973b) reported that one study (Fiore, 1972) has shown that married couples who are satisfied with their marriage score significantly higher than couples with troubled marriages on all subscales except the unexpressed feelings subscale. Troubled couples report significantly more unexpressed feelings. In using this instrument in the present study, high relationship quality is partially defined as a high score on all subscales except the unexpressed feelings subscale of the Love Scale.

Swensen and Fiore (1975), in order to construct a scale of marriage problems, similarly obtained an initial pool of items which seemed to denote conflict areas in marriages. Using this pool, they again carried out factor analytic studies and found six main factors, each reflecting a problem area typical in marriage. The

items grouped as follows: (1) problem-solving, decision making, and goals of marriage; (2) child-rearing and home labor; (3) relatives and in-laws; (4) personal care and appearance; (5) money management; (6) expression of affection, and outside friendship. This problems scale was then constructed with six subscales, one representing each of the areas described by a factor. Swensen and Fiore reported that the problems scale clearly discriminates between functional and dysfunctional married couples, in terms of total score, and the mates' degree of agreement on problems. In the present research, high relationship quality is partially defined in terms of low scores on the Marriage Problems Scale. The two scales together provide the total measure of relationship quality used in this study.

#### Interpersonal Factors of Personality and Their Application to Marriage

Swensen (1973a) reviewed the literature on interpersonal relations and concluded that a substantial amount of research on different kinds of interactions suggested at least two basic dimensions to dyadic encounter. He said,

These dimensions are called by different names, but they have to do with dominance versus submission, and acceptance versus rejection. In groups, a third dimension seems to appear--a dimension that has to do with whether or not the person helps the group progress toward its goal. (Swensen, 1973a; p. 455.)

Foa (1961) had previously come to the same conclusion about the consistency in the findings of independent investigators who had shown similarities in the reduced data from many situations of

interpersonal interaction. Foa presented four separate lines of research on interpersonal relations, and his review may be regarded as a major contribution in summarizing this area. A recapitulation of findings that appeared convergent to Foa will not be included here; however, Foa considered the work of Leary (1957), Carter (1954), Borgatta, Cottrell, and Mann (1958), Schaefer (1959), and Schutz (1958). Foa (1961, 1965, 1966) sought to extend this field through the application of facet analysis (Guttman, 1958), and he accomplished a great deal toward validating the conclusion that interpersonal relations are a function of at least two dimensions.

Several instruments employing self-report methodology have been developed to assess the position of a subject on each of these interpersonal dimensions. The labeling of the dimensions has varied according to the particular focus of an author, and some described two, while others used three dimensions. Leary (1957) and Schutz (1958) have provided two of the most prominent instruments for assessing a person's orientation in terms of the interpersonal personality factors from his self-report.

Bales (1970) also provided a three-factor system for describing interpersonal behavior. The Bales system differs, however, from those just mentioned by virtue of the fact that it is based upon an observational method for studying the ways people interact in small groups, including dyads, and not on the self-report of the subject. Bales' technique for interpersonal ratings is a procedure in which, from a judge's observations of ongoing interaction, an individual's interpersonal behaviors may be classified.

Bales (1970) referred to his system as a three-dimensional spatial model and used his own labels for the interpersonal dimensions. He called his directions down-up (D-U), negative-positive (N-P), and backward-forward (B-F), and the meaning of each is as follows: To put something D is to reduce its power, and to make something U means to give it power. This dimension is equivalent to the dimension of submission-dominance. To make something N is to associate it with negative things; to make something P is to associate it with positive things. This dimension is similar to the dimension of rejection-acceptance or hostile-friendly. The third dimension discussed by Bales refers to whether the person regards things typical of collective acceptance as matters to be disassociated from legitimacy or whether he places such subjects before the group for acceptance. Persons tending in the B direction are heretical and disbelieving toward authority and the rightness of goal orientations. Fantasies, as opposed to pragmatism and accomplishment, seem to be prominent in their behavior and attitudes. In contrast the F person tends to place things he regards as proper pursuits of the group before them as projects, and he is task oriented. Persons tending toward F usually strive to get to an objective and are concerned with problem solving.

The present study employed the Bales system in order to study the interaction processes of couples in relation to the experienced quality the mates reported in their marriage. The Bales observational method is sensitive to the present ongoing behaviors a person exhibits. Paper and pencil methods, on the other hand,

assess the general attitudes a person holds about his own behavior.

These methods are less suited to the present study because it may well be the case that a spouse in different situations, with someone other than his mate, displays behaviors different from those that typify his marital interaction. It is believed here that when spouses' interpersonal behavior patterns are observed in this relationship-specific way, an investigator improves the likelihood that a meaningful association may be found between experienced quality and marital interaction.

While quality has been chosen as the independent variable for this study, this choice does not mean that the interactional pattern is assumed to be necessarily a function or derivative of the individual's experience. It is possible that experienced quality is a function of the interaction pattern. An investigation could be made into the question whether the experience or the pattern is more inherent in an individual's personality, but such answers are not the purpose of the present study. The theoretical discussion and formation of hypotheses could be accomplished using either of the variables studied here as the independent variable, and the decision in the presentation of this work rested upon the experimenter's choice as to how he would develop this theoretical discussion. This statement indicates that quality has been chosen only by convention as the independent variable. However, it may also be noted that by making the self-report data the "fixed-point" about which observers record variations in interaction patterns among couples, the design allows the individuals for whom the results most apply to speak first, in a sense.

Swensen (1974) carried out research that is related to the focus of the present work. Swensen set out to formulate types of interpersonal marriage relations as functions of lifestyle, and he attempted to classify marital relationships according to Bales' system. He hypothesized that in marriage (1) one mate would be clearly dominant, and the other clearly submissive, versus no one clearly or consistently dominant; (2) the mates' interaction would be characterized by warmth and affection, versus hostility and indifference; and (3) mates would agree on goal conceptualizations regarding lifestyle and marriage and be moving toward these goals (forward) or indifferent to such concepts (backward), versus disagreement over goal conceptualizations. These hypotheses represent the bipolar dimensions basic to interpersonal relations, i.e., power, affection, and social movement.

Swensen (1973a) was essentially unsuccessful in relating marital types to the dimensions of Bales. Instead he found that there appeared to be only one generally applicable dimension in marriage. This one clear dimension along which he was able to order the couples' relationships was that of self-actualization. This dimension at one end included couples who were unhappy and dysfunctional in their relationship to one another and at the other end included couples who were committed to one another to such an extent that the only way they foresaw their marriage ending was by total non-participation of the spouse. At the two ends of this dimension he found that the problems the couples reported were quite different. In sum, the highly actualized couples' conflicts and stresses were more peripheral to the relationship.

Swensen concluded that on the surface highly self-actualized couples appeared either conventional or unconventional in lifestyle, and in each case, at basic levels of observation, each of these marriages had a uniqueness about it that precluded the assumption of a particular pattern in terms of interpersonal dimensions or lifestyle. The people in the actualized relationships appeared to have arrived at a point with each other where the emotional needs of both were being met and the multiple components of their interaction were being handled successfully. The highly self-actualized couples were secure, distinct from the low-actualized couples, who were quite insecure about the mate's place in their lives and generally not satisfied with the marriage.

Theory Suitable for Relating Relationship Quality  
to Interpersonal Behavior

So far nothing has been said how the two realms of variables studied here may be theoretically associated with each other. Theory appropriate for hypothesis formation will be introduced, but it is necessary to preface this discussion by acknowledging that there is no single unified theory from which hypotheses for the present study can be derived. The field of interpersonal relations shows a paucity of theoretical backdrop, and it is therefore necessary to take from the literature theoretical conceptions that are at least partially applicable. Two lines of thinking are presented: the constructs of (1) role theory, and (2) social exchange theory.

Role Theory

Swensen (1973a) noted that there is no such thing as a role theory, that it is more appropriate to call the role way of looking at interpersonal behavior the role perspective. The role perspective assumes, in line with its theatrical analog, that performance results from the social prescriptions of others and that individual differences in role behavior are limited by these factors (Biddle & Thomas, 1966). Swensen (1973a) continued with the imagery of the theater, stating that social interaction can be viewed as taking place upon a stage where parts are played within the limits of set out words and actions. Normative expectations about behavior, acquired as part of socialization, are the basic data of role theory. The study of interpersonal interaction has been greatly advanced by taking cognizance of the social structure in which behavior occurs and of the fact that an individual's personality represents, in some form, the social milieu.

A classic application of role theory concepts to marriage was the formulation of Parsons and Bales (1955). Swensen (1973a) pointed out that the Parsons and Bales theory has stimulated more research than any other role theory, and Tharp (1963) gave even greater praise when he concluded that this theoretical approach has been the most promising line to follow in the study of marriage. An outline of the Parsons and Bales theory begins with their view of the marriage relationship as a two-member system, with specialization in separate directions for the wife and for the husband. In their conceptualization they noted that the husband's role is

specialized in the instrumental direction and the wife's role, in the expressive direction. It was their conclusion that males are oriented to meeting the adaptive exigencies and females the integrative. They stressed, however, that these are areas in which one mate assumes, based upon sex role, the primary responsibility and that both mates engage to some extent in behaviors most compatible with the other's role. Parsons and Bales appear to have summarized the data well in concluding that husbands are expected to be more technical, executive, and task oriented and wives are expected to be more supportive, tension-managing, and, in general, the social-emotional leaders in a marriage.

Research has borne out the impression that couples who have successfully adapted to social expectations are more stably married. Tharp's (1964) review of the literature in this area concluded that marital satisfaction was significantly related to the achievement of the husband's role by the male and the wife's role by the female with the husband's adjustment being the more important. More recent reviews (e.g., Barry, 1970) are less definite than Tharp; however, it does seem clear that one result emerging from marriage role research is that husbands and wives are more likely to be satisfied with their relationship if they are in agreement on what their roles are to be and if these roles are congruent with normative expectations (Swensen, 1973a).

The Parsons and Bales (1955) role conceptions for marriage may be related to the Bales (1970) system of interpersonal behavior factors in personality. In the latter work Bales noted that there

are sex differences in the distribution of individual types in his three-dimensional space. He stated:

The members are not typically distributed at random or equally throughout the space; more are found on the positive side of the space than on the negative side, and the tendency to be on the positive side is very marked for women as compared to men. More members are found in the forward part of the space than in the backward, and this tendency is more marked for men. On the average, women are further downward, considerably more positive, and slightly more backward from the men. Men are about equally distributed between the upward and downward parts of the space, with a few more in the downward part, but women are definitely found more frequently in the lower part of the space. The differences are about what might be expected from the cultural stereotypes of the male and female adult sex roles. (Bales, 1970; pp. 46-47)

Thus, data from the Bales rating system are well suited for interpretation by role theory constructs. On the basis of the role model it could be predicted that the experienced quality of the marital relationship will be related to the congruence with which the spouses fulfill their social roles, as represented in the Bales dimensional space of interpersonal interaction. However, it is questionable whether the role theory perspective still provides the best framework for marriage research, as it seemed to at the time of Parsons' and Bales' (1955) publication, and at the time of Tharp's (1964) review. Barry (1970), in his review exemplifies this trend in that he was not as decisive as Tharp in his support of the role approach to marriage.

Theoretically it is not contrary to the Parsons and Bales conception to assume that the husband and wife can occupy positions of equal power, although in contemporary technological culture, the male role is typically ascribed more social value. Because of this inequality in the societal valuation of the normative social-sexual roles, there exists in marital relationships a potential for tension. In addition to this possible stress, there is another source of dissonance in marriage: it has been easier, at least in the white middle class and for a number of reasons, for the male to progress in a vocational field. This aspect of inequality in opportunity for the sexes and its potential for tension in the relations between spouses has undoubtedly influenced the interactions of mates.

The socially engendered tension in husband-wife relations may be providing some of the impetus for change from the institutional to the companionship marriage as the predominant form. The trend noted in the Hicks and Platt (1970) review, as well as the cultural change outlined by Scanzoni (1972), implies that the relevance of role theory for understanding the mates' experience of marital quality is on the decline. As spouses' personal criteria for measuring the quality of their relationship changes from role fulfillment to other less traditional standards, so too must researchers expand their theoretical perspectives so that these include the current values of the individuals studied.

### Social Exchange Theory

Social exchange may provide a more suitable frame within which the realms of variables studied here may be related and hypotheses constructed. However, social exchange, like role theory, must be characterized as a point of view, not regarded as a whole theory with well-articulated laws (Swensen, 1973a). Basic to the perspective of social exchange are the concepts of reward and cost. Reward is anything that meets another person's needs as the person experiences them; it is a function of the behavior emitted and of the personality of the receiver. Cost refers to a consequence of behavior that deters or reduces the probability that a behavior will be repeated. Homans (1961) has outlined the restrictions and assumptions of the social exchange perspective on interpersonal relations: (1) Social behavior is rewarded or punished by the behavior of another person. (2) When a person acts in a certain way toward another person, he is punished or rewarded by that person. (3) The behavior must be actual behavior and not a norm of behavior. Thus in face-to-face situations people act and react to one another on the basis of reinforcement principles. Swensen (1973a) put it simply when he stated that exchange theory sees the interaction between two people as a function of what each gets out of the relationship: no payoff in the relationship, no relationship.

Carson (1969) has added to the substance of the social exchange perspective by integrating it with Sullivanian psychodynamic theory. Carson regarded personality as the constellation of interpersonal behaviors a person enacts in order to maintain the security

of his self-picture. This security is seen as dependent on the extent to which the person is successful in eliciting responsive behaviors from others in interactions that affirm his self-picture. Anxiety, a very undesirable organismic state, is experienced when another's responses are perceived as counter to or incompatible with the person's expectations. Interpersonal behavior takes place in sequences related to conscious and unconscious anticipations that reflect the person's needs. When an anticipated sequence as a function of the self-picture and the person's security maintenance operations is interrupted, anxiety results.

He believed that this self-system has evolved developmentally and chiefly out of the interactions with parents and siblings within the family. Developmental experiences are the main source of various interpersonal orientations, described by the interpersonal personality factors that the individual assumes. He concluded that by the time adulthood is achieved interpersonal behavior patterns are relatively fixed and that because the personality is more or less formed, there are limitations on the ways an adult can maintain congruency of self in relations. Carson says a person will tend not to change either self-concept or actual behavior. He suggested that it may be easier for the person to misperceive others' behavior in response to his own than to change, but he also noted that the irrationality of such a course is likely to make the interaction troublesome. The strategy remaining for the person, then, is to seek others who, because of their own interpersonal behavior tendencies, provide congruent responses. In

the process of social bargaining necessary for finding compatible others, a person perceives the cost of interaction with some people as too high and terminates the interaction, while with others the exchange of behaviors is sufficiently rewarding to sustain the relationship.

Carson has hypothesized that rewarding behaviors are exchanged according to a principle of complementarity. He followed the interpersonal concepts of Leary (1957), and thus addressed only two of the factors studied here, in Leary's terms submission-dominance (S-D), and hate-love (H-L). Carson contended that complementarity occurs on the basis of reciprocity for the S-D axis (i.e., S tends to induce D, and vice versa) and on the basis of correspondence for the H-L axis (i.e., H induces H, and L induces L). He regarded these complementary behaviors as maximally congruent for a person's self-maintenance operations and therefore rewarding. Based on similar social exchange reasoning, it is the belief of this writer that the third dimension of Bales, backward-forward (B-F), also tends to follow a correspondence principle (i.e., B induces B, and F induces F).

These hypotheses regarding the complementarity principles each interpersonal dimension would be expected to follow have been tested in this research. Carson reported that it has been shown that complementary responses have a statistically higher probability of occurrence in interactions than other kinds of responses to the same evoking circumstances (Leary, 1957; Heller, Myers & Kline, 1963). However, these previous studies have not addressed the

exchange of behavior as a function of experienced quality of the relationship. Here the assumption is made that mates who report their relationship as high in quality experience significantly more rewards than costs in their marital interaction and a higher reward-cost ratio than those reporting less quality. Thus, couples may be distinguished on the basis of the quality they experience, and their interaction patterns may be compared in terms of the Bales dimensions. The tests of the hypotheses are made by noting if couples reporting higher quality exhibit interaction patterns which follow more closely the outlined principles of complementarity.

It is important to note the difference between the principles of complementarity proffered by Carson and tested here, and the similarity-complementarity issues often associated with the work of R. F. Winch (e.g., Winch, 1958). Winch and others have studied personality needs and their relationship to attraction between mates. Winch (1958) presented data in support of his proposition that complementary needs are the primary factor in mate attraction. However, Winch (1963) was quite explicit in stating that attraction, as he studied it, is a phenomenon independent from satisfaction, happiness, or some other criterion of quality experienced by marital partners. He found, for example, that a nurturant individual is frequently attracted to a receptive mate, and vice versa, and that submissive persons and controlling others also typically find each other attractive, but he made no hypotheses about the satisfaction such mates

experience. Although interesting comparisons may be made between the scope of the present study and the work of Winch as well as those who subsequently tested his theory, the foci of the two approaches to interpersonal relations are clearly different. Here the concern is experienced quality and interactive behavior, while Winch studied motivational need and interpersonal attraction.

Bales' system nicely avoids the difficulties involved in assessment of such constructs as "motivational need" and the problems Winch's work has encountered. In deriving a method for measuring interactive behavior, Bales outlined for his factorially derived dimensions the meaning, or value significance, an individual's behavior has for others. He stated that in his work he attempted to reduce much of the variety of different persons' behaviors into factors on the basis of the common consequences that different behaviors have for others. For example, two entirely different behaviors from a motivational point of view are talking a great deal and showing anger. However, by excessive talking, a person tends to reduce the power of others; likewise, in showing and expressing anger, he affects others by reducing their power. The traits and behaviors Bales grouped in the U part of his space are associated with each other, not necessarily because they have a common personality cause like an underlying drive or need of the actor, but because they are evaluated in a similar way by other group members on the basis of the consequences these behaviors have for them. Others

react in a consistent fashion, regardless of the person's motivation, as they come to know the consequences for them inherent in relating to a certain person.

Another aspect of the present work also requires clarification. Here Bales' (1970) Interpersonal Rating System is utilized in order to ascertain the behavior patterns of mates distinguished on the basis of the self-reported quality of their marriages. Swensen (1973a) discusses levels of theory as encompassing the behavior segment, the person, or the dyadic pattern. There are of course other levels, but the point he made is that the level at which a formulation addresses itself is important. Instead of the over-all pattern as the datum, systems other than Bales' would have enabled the present research to study behavior at other levels. For example, Longabaugh (1963) developed a category system at the level of the conversational unit (sentence or sentence equivalent) and found that interaction was an exchange process that seemed to follow reward and cost dynamics.

The Bales system was appropriate for the present study of marriage in which measures of the mates' experience of relationship quality were hypothetically related by way of social exchange dynamics to their pattern of interaction with one another. Social exchange has been shown to follow reinforcement principles, and the Bales system, by reflecting overt behavioral consequences, fits together well with such a theoretical perspective.

### Hypotheses for the Present Study

The purpose of this research was to study the nature of the interpersonal interactions between mates to see if there were differences in the behavior patterns of married couples who reported high quality and those who reported lower quality. The preceding review suggested principles of complementarity for each dimension of interpersonal behavior assessed as the dependent variable in the study, and these hypotheses were constructed on the basis of these principles.

Hypothesis 1: As the mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a reciprocal manner with regard to the D-U dimension in interaction; i.e., mates reporting higher relationship quality will appear more dissimilar in the D-U types of behavior they exhibit than those reporting lower quality.

Hypothesis 2: As mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a corresponding manner with regard to the N-P dimension in interaction; i.e., mates reporting higher relationship quality will appear more similar in the N-P types of behavior they exhibit than those reporting lower quality.

Hypothesis 3: As mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a corresponding manner with

regard to the B-F dimension in interaction; i.e., mates reporting higher relationship quality will appear more similar in the B-F types of behavior they exhibit than those reporting lower quality.

## CHAPTER III

### METHOD

#### Subjects

Forty-eight young married couples participated in the present study. A relatively homogeneous sample of married couples was sought, and for this reason the following demographic criteria were selected: (1) both mates between 20 and 30 years of age; (2) married between one and five years; and (3) with no children.

Couples falling within the demographic limitations were recruited through the assistance of the Office of Student Affairs at the University of Florida. This office made available a roll containing the names of all married students attending the university. Couples were contacted at random from this list if they had a telephone, and their participation was invited. Thus all subjects were obtained from a college population. Appendix I contains materials which show the approach taken on the phone with potential participants.

#### Instruments

Swensen's,(1973b) Scale of the Feelings and Behaviors of Love, and the Scale of Marriage Problems (Swensen & Fiore, 1975) were used to assess relationship quality. These are self report instruments, and scoring was carried out according to the authors'

standard instructions. Test-retest reliabilities for the subscales of the Love Scale for subjects of similar age to those studied here range between 0.77 and 0.96, and for the Problem Scale 0.85.

Relationship quality is here generally defined as the higher the score on the Love Scale, the greater the quality; on the Problems Scale the lower the score, the greater the quality. Fiore (1972) provided norms for the Love Scale which he obtained by correlating the instrument with other measures reflecting the qualitative nature of a marriage. The work he reported indicated one exception to the above definition which regards a high Love Scale score as indicative of high quality. Factor 5, reflecting undisclosed feelings, functions in an opposite manner from the remaining factors of the Scale in that functional couples show a lower score on this factor, while dysfunctional couples show a high score. In order to achieve consistency in scale definition, the numerical value a mate obtained on this factor was subtracted from the maximum possible, and this transformed score was then treated in fashion similar to the other love subscales; i.e., a high transformed score indicated high quality.

The observational Interpersonal Rating System of Bales (1970) was employed by observers to assess the position of a subject on the Bales dimensions as he or she interacted with the mate. Bales' rating form consists of 26 questions, to which an observer must give an affirmative, negative, or "I don't

know" response. The observers completed the rating questions for each mate after watching the interactional session. Appendix II contains the rating form used in this study.

Bales (1970) determined that each of the questions on the form relates to one, two, or all three of his interpersonal behavior dimensions. Bales' scoring procedure, in which a person may receive a maximum score of 18 for each particular direction (e.g., 18 D or 18 U, 18 N or 18 P, and 18 B or 18 F) has been modified here so that the bipolar scores of 18 in either direction for a dimension are converted into a continuous scale of zero to 36. On the scale employed in this research a mate located at the extreme D end of the D-U scale (D1) received a score of zero, while a mate in the extreme U direction received a 36; a subject in the extreme N direction received a zero on the N-P dimension (D2), and one at the extreme P end received a score of 36; and, similarly, an extreme B mate received a F-B score (D3) of zero, and an extreme F person, a score of 36.

#### Observers

Three women, all doctoral students in various social science fields, worked as observers in this research. Each observer was paid \$2.00 per hour for her assistance.

Training in the use of the Bales rating form was conducted with videotapes of the six couples who participated in the pilot study for the research. The observers used a training manual (Appendix III) developed in order to show the sense and

meaning of the rating items. The training procedure consisted of having the observers first view the training tapes and rate each mate. Item by item they would then state their responses to the other observers and justify each on the basis of the training manual. This author participated in the discussion, also, and at the end of this training the observers appeared to have an acceptable and consistent understanding of the Bales form.

#### Pilot Study

A pilot study with six couples was conducted primarily for the purpose of determining what interactional tasks could be given to the couples to fulfill the needs of this research. The necessity of this pilot work was seen in seeking an interactional situation which would best stimulate the couples in a laboratory setting to present behaviors typical of their relationship. Specifically, tasks were sought which would motivate personal interest and affective engagement from each partner and which would not be dismissed in a moment or two. Previous work (e.g., Shaw, 1963) on interactional tasks existed, and some of the tasks suggested by this literature were tried out in the pilot study. However, none seemed as feasible as tasks devised by the present author, and three of these were used in the study. The three tasks and their accompanying instructions may be found in Appendix IV.

Procedure

Couples who agreed to participate on the phone were given an appointment with the experimenter in the Psychology Building. When they arrived they were again told the procedures of the experiment and asked to sign an informed consent document. Each mate was then administered the Love Scale and the Marriage Problems Scale. Although they completed the inventories in the same room with each other, the experimenter impressed upon them the necessity of foregoing collaboration on the scales and the need to withhold their comments to each other until the end of the experimental procedures.

When a couple had completed the scales, they were taken into a videotape studio. An effort was made by the experimenter to give this taping room an informal appearance, although the mates generally reported that a homey effect had not been achieved and that the bright lights were disturbing. The camera was contained out of sight behind a one-way mirror, and the couple sat in chairs side by side at a coffee table upon which a microphone rested. They were left alone in this room with a task card and instructions. The experimenter sat in the camera room, and operated the recording equipment, leaving it only to provide additional task cards as the mates requested them. A total of 15 minutes of interaction was recorded for observation and rating by the observers. The couple was allowed to spend all 15 minutes on the first task or to request up to two additional tasks.

The majority of the couples continued to discuss the first topic until stopped by the experimenter, and only two couples finished with all three in less than the allotted 15 minutes. These latter two were told to remain in the room and to discuss something of significance to them.

At the conclusion of the interactional portion the experimenter discussed the experiment with couples who indicated an interest. All couples were again informed that feedback would be available upon compilation of the results.

#### Data Analyses

Sample means were calculated for each variable studied in this research. The present sample's scores on the Love Scale were compared by between group t-tests with norms (Fiore, 1972) previously compiled for each subscale. Comparisons by t-statistics were also made for sex differences on the dependent variables.

More extensive analyses were carried out by a Statistical Analysis System (SAS) computer program (Barr & Goodnight, 1972; Service, 1972) in order to find the correlational relationships between the independent and dependent variables of the study. A univariate correlation matrix containing all possible Pearson product-moment correlation coefficients was derived. The variables were treated at two levels (Swensen, 1973a) in these computations: the level of the person or individual (Level-I) and the level of the dyad or couple (Level-II). The Level-I

variables were simply the scores as taken from each individual mate, while the Level-II variables required derivation. They were calculated as the difference between the mates' scores on a variable or the summation of their scores.

Using the results of the simple correlational analyses as guidelines indicating associational trends, selected multiple regression analyses were computed by the SAS program for multivariate relationships that showed promise of significance. These latter analyses also treated the data at both Level-I and Level-II.

## CHAPTER IV

### RESULTS

#### Reliability of the Dependent Variable Measures

The observers in the study showed the following over-all percentages of agreement (Katz, 1966) in their responses to the items of the rating form:  $\underline{O}_1$  with  $\underline{O}_2 = 0.80$ ,  $\underline{O}_1$  with  $\underline{O}_3 = 0.81$ , and  $\underline{O}_2$  with  $\underline{O}_3 = 0.83$ . These data indicated that the observers achieved a high degree of consistency with each other and an acceptable level of reliability.

#### Characteristics of the Subject Sample and Comparisons

The mean age of the subjects was 24.1 years ( $SD = 2.8$ ) for men, and 23.1 years ( $SD = 2.9$ ) for women. The mean time married was 33.0 months ( $SD = 17.2$ ), and only four couples with any children (one very young child each) were included. Thus, the demographic criteria for subjects were essentially fulfilled by the sample.

The data indicated that the procedure for the recruitment of couples encountered some fairly strong self-selection processes in the original pool of potential subjects, which may have affected the sample's composition. Only 20% of the couples contacted eventually participated in the study. Of the remaining 80%, 23% were not acceptable in terms of the study's

demographic criteria, leaving 57% who declined for various reasons. The largest portion of these latter couples stated that they were simply not interested in participation, while others gave excuses that appeared to make participation impossible (e.g., spouse out of town for extended period, separation, etc.) or failed to appear at the appointed time.

Data reflecting characteristics of the present sample on the variables relevant to the hypotheses of this study --relationship quality and interactional behavior--are next presented. With regard to the independent variable, the spouses' experienced quality of their marriage, comparisons can be made between the means of the present couples' scores on the Love Scale and of norms Fiore (1972) acquired for two groups of couples, one having functional marriages (FM) and one dysfunctional marriages (DM). The mean for each Love Scale factor for the present sample is presented in Table I along with the means of Fiore's groups.

Table I shows that the present sample of couples was a highly FM group. Another way to present this result is by comparing the over-all Love Scale score with Fiore's over-all norm. This measure shows that 79% of the couples in the present sample were above Fiore's FM norm (mean = 245), only 2% were below the DM norm (mean = 217), and 19% of the couples were between the two norms.

Norms for the Problem Scale are not available at the present time. The Problem Scale results for the sample studied

TABLE I

## COMPARISON OF PRESENT SAMPLE WITH LOVE SCALE NORMS

Love Scale Factor	Present Sample			Fiore's Groups		Comparisons		
	mean	SD	FM	mean	DM	mean	t-Tests: Present with FM	t-Tests: Present with DM
1	43.7	7.72	38.8	31.8		4.4		10.7
2	49.5	4.37	45.2	41.1		6.8		13.0
3	43.3	5.11	37.5	36.0		8.0		11.8
4	62.5	4.59	61.2	53.3		2.0		10.0
5	25.1 <sup>+</sup>	7.94	26.4 <sup>+</sup>	31.6 <sup>+</sup>		1.2 <sup>*</sup>		5.6
6	37.0	4.43	34.8	32.6		3.5		7.3

\*  $p = 0.1$ , all other t-values:  $p < .025$  (DF = 95)

+ Factor 5, undisclosed feelings, reflects numerically the reverse of the other Love Scale factors, as noted in Chapter III, with FM couples expected to score lower than DM couples.

here were as follows: Factor 1 = 5.67 (SD = 3.83), Factor 2 = 2.60 (SD = 2.61), Factor 3 = 2.23 (SD = 1.87), Factor 4 = 2.61 (SD = 1.88), Factor 5 = 2.34 (SD = 2.12), Factor 6 = 1.96 (SD = 1.69). The maximum possible on the scale is 84, and these results are quite low relative to the scale's ceiling, as would be expected in a highly FM sample.

The dependent variable of this study, the Bales dimensions, showed that the vast majority of the mates of these highly FM couples appeared in the UPF octant of the Bales interactional space. The mates were distributed in the Bales space in terms of the Bales personality types as follows: UPF = 69 (72%); UPB = 6 (6%); DPF = 6 (6%); UNF = 4 (4%); PF = 3 (3%); DNF = 2 (2%); DNB = 2 (2%); UNB, UP, UF, and DP = 1 each (1%).

Treating the dependent variable data as dimensional scores along the continuous scales described in Chapter III, the results for husbands were: mean on D1 = 23.6 (SD = 3.0); mean on D2 = 28.6 (SD = 7.5); and mean on D3 = 22.7 (SD = 3.2). For wives: D1 = 22.2 (SD = 4.4); D2 = 29.7 (SD = 6.5); D3 = 21.6 (SD = 4.1). Tests by t-statistics for differences between the sexes on their scores on the Bales dimensions were not statistically significant.

### Simple Correlational Relationships Between the Variables

The quality of relationship variables, Level-I, correlated with each other and with time married are presented in Table II\*. These results reflect on the validity of the two scales used to assess mates' experienced quality and the effect of time on experienced quality.

Table II shows that the Love Scale scores and Problem Scale scores are negatively correlated with each other. This negative relationship was found in the scores of both husbands and wives for the two instruments and indicates support for the definition of quality used in the study; i.e., quality is taken as a high score on the Love Scale and a low score on the Problems Scale. It is also apparent that within a couple, the husband's measures of quality are significantly correlated with the wife's, indicating that the husbands' and wives' experiences of quality in the marriages studied here are not markedly disparate.

Another result of interest shown in Table II is the significant relationship between the length of the marriage and the husband's experience of quality. A negative correlation was found for both love and total quality with time married for

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\* Appendix V contains an explanation of the abbreviations for terms used in Table II and all subsequent tables. It is suggested that this Appendix be consulted before an attempt is made to read the tables.

TABLE II  
CORRELATIONS BETWEEN QUALITY VARIABLES  
AT LEVEL-I AND TIME MARRIED

	HLOVET	HPROBT	HTOTQUAL	WLOVET	WPROBT	WTOTQUAL
MOSMARR	-0.27*	0.30 (.05)	-0.34 (0.01)	0.00 (0.99)	0.15 (0.29)	-0.12 (0.58)
HLOVET		-0.33 (0.02)	0.70 (0.00)	0.49 (0.00)	-0.30 (0.04)	0.43 (0.00)
HPROBT			-0.90 (0.00)	-0.39 (0.01)	0.52 (0.00)	-0.57 (0.00)
HTOTQUAL				0.51 (0.00)	-0.53 (0.00)	0.63 (0.00)
WLOVET					-0.34 (0.02)	0.67 (0.00)
WPROBT						-0.92 (0.00)

\* Significance level shown in parenthesis.

the males, and a positive correlation may be noted between time and their reports of problems. These associations, however, were not found for the wives' reports.

Table III shows results in which quality variables, Level-I, have been correlated with the Bales dimensions, also Level-I. These findings were pertinent to the theoretical questions of the study and were part of the results used for determining possible multivariate relationships, examined by multiple regression analyses, between the two types of data studied here.

The strongest findings in Table III show a relationship between each mate's quality scores and their own D2 scores as well as their mate's D2 score. Only the correlations for wives are statistically significant, with the husband's coefficients indicating a trend. These results show that the experience of high quality (much reported love and few problems) is associated with P behavior for both mates, particularly for wives.

Two other findings in Table III, to be examined later in detail, may be noted. First, the husband's D2 score approaches a significant ( $P = 0.11$ ) positive correlation with time married. Thus, while Table II showed that over time the husband's experience of quality declines, his observed P behavior tends to increase. The second result is an association between the wife's report of quality (primarily the problem component) and the husband's D1 behavior score. This finding indicates

TABLE III  
CORRELATIONS BETWEEN THE INDEPENDENT VARIABLE  
AND THE DEPENDENT VARIABLE LEVEL-I

	HD1	HD2	HD3	WD1	WD2	WD3
MOSMARR	-0.04 (.80)	0.22 (.11)	0.15 (.31)	0.00 (.99)	0.14 (.66)	0.11 (.53)
HLOVET	-0.20 (.16)	0.26 (.07)	-0.05 (.73)	0.06 (.67)	0.15 (.29)	0.07 (.64)
HPROBT	-0.16 (.27)	-0.19 (.17)	-0.08 (.60)	0.04 (.78)	-0.27 (.06)	-0.04 (.79)
HTOTQUAL	0.03 (.83)	0.27 (.06)	0.04 (.80)	0.00 (.98)	0.27 (.06)	0.06 (.69)
WLOVET	0.19 (.19)	0.34 (.02)	0.10 (.52)	0.06 (.71)	0.31 (.03)	-0.02 (.86)
WPROBT	-0.40 (.00)	-0.30 (.04)	-0.11 (.55)	-0.15 (.31)	-0.35 (.02)	0.15 (.28)
WTOTQUAL	0.39 (.00)	0.37 (.01)	0.13 (.64)	0.13 (.65)	0.39 (.00)	-0.13 (.63)

\* Significance level shown in parenthesis.

that wives tended to report higher quality as their husbands' behavior showed a trend toward U.

A final Level-I correlational analysis was performed in order to find the relationships between the husband's and wife's observed behavior. Table IV shows these results.

These results indicate significant positive correlations between husbands and wives on D2 and D3. Thus, with regard to N-P behaviors and B-F behaviors husbands and wives in the present sample tended to be similar.

The data were also analyzed to find the simple correlational relations between the two categories of variables, reported quality and observed interactional behaviors, at Level-II. These findings were relevant to testing the hypotheses of the study and were used to delineate trends for multivariate exploration. Table V presents these Level-II results.

The observed differences in mate's interpersonal behavior scores represent a numerical method for determining the degree of similarity or dissimilarity of mates' dimensional behaviors, and these dyadic units have been correlated with their reports of quality as preliminary tests of the study's hypotheses. None of the correlation coefficients in the first three rows of Table V, indicating the difference in husbands' and wives' behaviors, are significant at the 0.05 level of confidence. This finding indicates that mutual reports of experienced quality (composed of either the sum of the husband's and wife's individual reports or defined on the basis of the disparity of

TABLE IV  
CORRELATION OF HUSBAND'S AND WIFE'S DIMENSIONAL BEHAVIOR

	HD1	HD2	HD3
WD 1	-0.07 (.62) *	0.26 (.07)	-0.22 (.13)
WD 2	-0.00 (.98)	0.51 (.00)	0.05 (.73)
WD 3	-0.20 (.17)	0.27 (0.06)	0.29 (0.04)

\* Significance level shown  
in parenthesis.

TABLE V

CORRELATION OF LEVEL-II MEASURES OF RELATIONSHIP QUALITY  
WITH LEVEL-II INDICES OF MATES' INTERACTIONAL BEHAVIORS

	COUPLE LOVESUM	COUPLE PROBSUM	COUPLE TOTQUAL	COUPLE LOVEDIFF	COUPLE PROBDIFF
DIFFD 1	-0.07 (.65)*	0.12 (.59)	-0.12 (.57)	0.06 (.68)	0.07 (.61)
DIFFD 2	-0.18 (.22)	0.23 (.11)	-0.24 (.09)	0.16 (.26)	0.15 (.29)
DIFFD 3	-0.09 (.53)	0.22 (.12)	-0.21 (.16)	0.20 (.16)	0.13 (.64)
SUMD 1	0.05 (.73)	-0.25 (.08)	0.20 (.16)	0.02 (.88)	-0.38 (.01)
SUMD 2	0.36 (.01)	-0.36 (.01)	0.42 (.00)	0.01 (.92)	-0.18 (.23)
SUMD 3	0.03 (.81)	-0.01 (.94)	0.02 (.88)	-0.18 (.23)	0.04 (.77)

\* Significance level shown in parenthesis.

their reports) are not strongly related to the similarity or dissimilarity in their observed behaviors. However, in the cases of D2 and D3, portions of the data approached significance. All of the trends were in the direction expected on the basis of the study's hypotheses, as shown by the positive or negative sign of the association. The data showed that the sum of the mates' quality scores approached a negative correlation with the D2 and D3 differences in their observed behavior, indicating that as reported quality increases, the amount of dissimilarity in the mates' behaviors decreases. The measures of their disagreement on love and problems, found to be associated with lower reported quality (Fiore, 1972), also tend to be associated with greater dissimilarity in their observed behaviors. These latter results, however, have even less statistical confidence than the trends of the love and problem sums. These trends, indicating that high quality may be associated with smaller differences between spouses on D2 and D3, were given further consideration in the multiple regression analyses.

The last three rows of Table V present the correlations of the quality variables with the totals of the spouses on the observed behavior variables. These behavioral sums indicate the strength of the dyad's tendency to behave in the U, P, or F directions, and the theoretical significance of these sum terms is taken up in Chapter V. Only the coefficients for D2 are statistically significant, and these indicate that

increases in total reported quality for the dyad are associated with a trend toward increases in the total amount of P behavior observed in their interaction.

Additional correlational analyses were carried out relating reported quality variables, Level-I, to the interactional behavior variables, Level-II. The data were analyzed in this way because it was believed that dyadic measures of reported quality which did not discriminate between couples where the mates were in close agreement in their experience of quality and couples where the mates experienced the marriage differently might tend to confound some of the relationships in the results. These results appear in Table VI.

The results presented in the first three rows of Table VI, as in Table V, are tests of the research hypotheses of this study. Only two of the correlations related to the differences in mates' scores on the dimensions are of statistical significance, and these show a negative association between the wife's report of quality (primarily her Problem Scale score) and dissimilarity in their D2 behavior. However, the positive and negative correlational trends of the data were, in every case, in the hypothesized direction and these trends merited further analyses by multiple regression analyses.

The last three rows of Table VI present the associations between the individual mates' quality reports and the sum of their behavioral dimensions. It is apparent that for D1 only the wives' reports are of significance. The results show that as

TABLE VI

INDIVIDUAL REPORTS OF QUALITY CORRELATED WITH  
LEVEL-II INDICES OF MATES' INTERACTIONAL BEHAVIORS

	HLOVET	HPROBT	HTOTQUAL	WLOVET	WPROBT	WTOTQUAL
DIFFD 1	-0.04 (.74) *	0.06 (.64)	-0.07 (.62)	-0.06 (.65)	0.14 (.32)	-0.14 (.66)
DIFFD 2	-0.20 (.16)	0.03 (.79)	-0.12 (.57)	-0.10 (.50)	0.34 (.01)	-0.31 (.03)
DIFFD 3	-0.16 (.29)	0.23 (.11)	-0.24 (.09)	0.00 (.99)	0.16 (.25)	-0.13 (.62)
SUMD 1	-0.06 (.67)	-0.06 (.69)	0.02 (.91)	0.16 (.29)	-0.36 (.01)	0.35 (.01)
SUMD 2	0.24 (.09)	-0.26 (.06)	0.31 (.02)	0.38 (.01)	-0.37 (.01)	0.44 (.00)
SUMD 3	0.02 (.88)	-0.06 (.65)	0.06 (.68)	0.04 (.78)	0.05 (.75)	-0.02 (.88)

\* Significance level shown in parenthesis.

wives report greater quality, the total observed behavior in the dyad tends toward the U direction. With one exception, every correlation for D2 is significant. These results indicate that as both mates individually report greater quality, the couples' behavior tends to increase in the P direction.

#### Findings from Multiple Regression Analyses

On the basis of the results and trends found in the simple correlational analyses, multiple regression analyses were computed for associations between variables that showed promise of significance. These analyses were carried out using data from each of the two levels of interest to the present work. The remainder of this chapter is a presentation of the statistically significant multiple regression equations relating the independent and dependent variables.

With regard to data relevant to hypothesis I, there were no significant correlation coefficients associating mate's dissimilarity on D1 with the independent variables. On the basis of this finding, no significant multivariate functions for predicting D1 differences between mates were expected, and although several potential equations were attempted, none were found.

However, consistencies were noted in the correlational results for the couple's behavioral sum on D1 as it was related to quality scores. Table VII presents equations predicting the couple's sum on D1 from the independent variables, and the import of these findings is addressed in Chapter V.

TABLE VII

MULTIPLE REGRESSION EQUATIONS PREDICTING THE SUM OF  
MATES' D1 SCORES FROM THE INDEPENDENT VARIABLES

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1.  $E(\text{SUMD 1}) = 49.16 + (-0.02)\text{COUPLEPROBSUM} + (-0.30)\text{COUPLEPROBDIFF};$   
 $\underline{R}^2 = 0.15, \underline{p} = 0.02.$
2.  $E(\text{SUMD 1}) = 46.91 + (0.009)\text{WLOVET} + (-0.18)\text{WPROBT};$   
 $\underline{R}^2 = 0.13, \underline{p} = 0.04.$
3.  $E(\text{SUMD 1}) = 50.24 + (-0.05)\text{HLOVET} + (0.10)\text{HPROBT} + (0.04)\text{WLOVET}$   
 $+ (-0.24)\text{WPROBT};$   
 $\underline{R}^2 = 0.20, \underline{p} = 0.04.$

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Equation 1, predicting from Level-II independent variables, shows that as the reported quality increases, the totality of the mates' observed U behavior also increases. Equations 2 and 3 predict the D1 sum from the individuals' reports of love and problems. Equation 2 shows a trend similar to equation 1 in that for the wife, as her reports of quality increase, the amount of observed U behavior increases. Equation 3, however, shows that the opposite trend is true for husbands; i.e., as his experience of love decreases and problems increase, the total U behavior increases. Thus the trend in equation 1 is determined by the wives' scores, and in fact it is apparent in equation 3 that her problem report carries significantly greater predictive weight.

Many consistencies were noted above in the results relating the independent variables to D2, Level-II. Multiple regression equations of significance, or approaching significance, predicting D2, Level-II, are presented in Table VIII.

The first seven equations in Table VIII represent tests of hypothesis 2. The remaining equations in the table present a dyadic index of interactional behavior similar to the dependent variable term employed in Table VII. As noted above, the theoretical significance of the sum scores used in these equations is discussed in the chapter following.

Equations 1 through 5 in Table VIII predict the difference between mates' D2 scores from independent variables

TABLE VIII

MULTIPLE REGRESSION EQUATIONS PREDICTING THE DIFFERENCE AND SUM OF MATES' D2 SCORES FROM THE INDEPENDENT VARIABLES

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1.  $E(DIFFD\ 2) = 18.97 + (9.43)HTOTQUAL + (-28.30)WTOTQUAL;$   
 $\underline{R}^2 = 0.11, \underline{p} = 0.07.$
2.  $E(DIFFD\ 2) = 10.09 + (-0.04)HLOVET + (-0.13)HPROBT + (0.01)WLOVET + (0.23)WPROBT;$   
 $\underline{R}^2 = 0.07, \underline{p} = 0.08.$
3.  $E(DIFFD\ 2) = 2.02 + (-0.12)HPROBT + (0.24)WPROBT;$   
 $\underline{R}^2 = 0.15, \underline{p} = 0.02.$
4.  $E(DIFFD\ 2) = 7.81 + (-0.02)HLOVET + (0.17)WPROBT;$   
 $\underline{R}^2 = 0.13, \underline{p} = 0.04.$
5.  $E(DIFFD\ 2) = 11.73 + (-0.03)HLOVET + (-0.14)HPROBT + (0.23)WPROBT;$   
 $\underline{R}^2 = 0.17, \underline{p} = 0.04.$
6.  $E(DIFFD\ 2) = 9.41 + (-0.01)COUPLELOVESUM + (0.06)COUPLEPROBSUM;$   
 $\underline{R}^2 = 0.06, \underline{p} = 0.25.$
7.  $E(DIFFD\ 2) = 1.97 + (0.07)COUPLELOVEDIFF + (0.16)COUPLEPROBDIFF;$   
 $\underline{R}^2 = 0.06, \underline{p} = 0.26.$
8.  $E(SUMD\ 2) = 20.70 + (0.02)HLOVET + (-0.02)HPROBT + (0.15)WLOVET + (-0.32)WPROBT;$   
 $\underline{R}^2 = 0.21, \underline{p} = 0.04.$
9.  $E(SUMD\ 2) = 39.45 + (0.09)HLOVET + (-0.28)HPROBT;$   
 $\underline{R}^2 = 0.10, \underline{p} = 0.10.$
10.  $E(SUMD\ 2) = 22.37 + (0.15)WLOVET + (-0.33)WPROBT;$   
 $\underline{R}^2 = 0.20, \underline{p} = 0.006.$
11.  $E(SUMD\ 2) = 25.68 + (0.07)COUPLELOVESUM + (-0.19)COUPLEPROBDIFF;$   
 $\underline{R}^2 = 0.18, \underline{p} = 0.01.$

at Level-I (individuals' scores), while equations 6 and 7 treat both variables at Level-II (dyadic scores). The latter two only approach significance and are shown because of the trends they indicate. Equation 1 predicts the mates' dependent variable differences from their over-all quality scores, and equations 2 through 5 predict from the various components of the husband's and wife's report of quality, i.e., love and problems.

It is obvious from the first seven equations that a strong predictive relationship exists in which the quality variables account for up to 17% of the variance in the difference between the mates' D2 scores. Hypothesis 2 (for D2) predicts that as less quality is reported, the mates should appear to observers as more dissimilar in their D2 behaviors. The hypothesized trend is followed by the husbands' love scores and the wives' problem scores, but not by the trend of his problem scores. (The one significant equation including the wives' Love Scale scores indicated a trend for this data opposite to that hypothesized; however, the weight this factor carried was negligible, and there seemed to be no consistent relationship for this variable.) One result of these opposing trends for the husband and wife is that in equations 1, 6, and 7, where the components are combined, the strength of prediction is greatly reduced.

Equations 8 through 11 predict the sum of the spouses' D2 scores from the independent variables. The D2 sum reflects the total amount of P behavior observed in their interaction.

These equations account for up to 21% of the variance in dependent variable values, a slightly better prediction than the best for the mates' differences on D2 in equations 1 through 7. In fact, by using the behavioral sum as the dependent variable term, the results do not show the sex differences found in the first seven equations, which indicated opposing trends for husbands and wives. These last equations show unequivocally that as the mates reported greater quality, the observers noted a larger total of P behavior.

Tests of hypothesis 3 were made by correlation and regression analyses in which the mates' differences on D3 constituted the dependent variable term. Although no equations relating the independent variables to the mates' D3 differences were statistically significant, Table IX presents four which approach significance.

Hypothesis 3 predicted that as less quality is reported by the mates, they should appear to observers as more dissimilar in their D3 behaviors. All four of the equations in Table IX are in accord with the hypothesis; i.e., as the mates reported less quality in their marriage, observers noted greater differences in their D3 behavior. The associations noted in these equations are rather weak, however, with the best predictors accounting for only 9% of the dependent variable variance.

With regard to the mates' D3 total, i.e., the total amount of F behavior observed, it was shown that no simple correlations relating the independent variables to the D3 sum even

TABLE IX

MULTIPLE REGRESSION EQUATIONS PREDICTING THE DIFFERENCE  
BETWEEN MATES' D3 SCORES FROM THE INDEPENDENT VARIABLES

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1.  $E(\text{DIFFD } 3) = -0.22 + (0.05)\text{COUPLELOVEDIFF} + (0.05)\text{COUPLEPROBSUM};$   
 $\underline{R}^2 = 0.09, \underline{p} = 0.10.$
2.  $E(\text{DIFFD } 3) = 0.71 + (0.06)\text{COUPLELOVEDIFF} + (0.10)\text{COUPLEPROBDIFF};$   
 $\underline{R}^2 = 0.07, \underline{p} = 0.20.$
3.  $E(\text{DIFFD } 3) = 4.91 + (-0.01)\text{HLOVET} + (0.08)\text{HPROBT};$   
 $\underline{R}^2 = 0.06, \underline{p} = 0.25.$
4.  $E(\text{DIFFD } 3) = 0.83 + (0.08)\text{HPROBT} + (0.02)\text{WPROBT};$   
 $\underline{R}^2 = 0.06, \underline{p} = 0.27.$

---

approached significance. As would be expected from this finding, no multivariate statistics were found to be of significance for this dependent variable term, and for this reason, none are reported.

While the Level-II dependent variable terms providing data on the dyadic pattern of a couple's interaction are of greatest theoretical interest to this study, it was noted in the simple correlational results that predictions for HD1, HD2, and WD2 might be made from the independent variables. No other Level-I dependent variables showed significant associations with the mates' reports of quality, and multiple regression analyses were made using only the above terms as dependent variables. These results are presented in Table X. Although the significance of these data is discussed in the next chapter, it may be said here that these equations make it possible to note some trends which contribute to the patterns found in the Level-II results..

It is apparent from the equations presented in Table X for E(HD1) that the values of this variable may be predicted from the independent variables. Equations 1 and 2 show that the husband's D1 score can be predicted from both the husband's and wife's individual experience of quality. The wife's report of problems appears to be the most salient factor for prediction, although both mates' reports of love are strong contributors in the equations. The wife's report of love functions in the opposite fashion from the husband's, in that the wife's love

TABLE X

MULTIPLE REGRESSION EQUATIONS PREDICTING DEPENDENT VARIABLE SCORES, LEVEL-I, FROM THE INDEPENDENT VARIABLES

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Husbands' D1 behavior:

$$1. \quad E(HD \ 1) = 31.40 + (-0.06)HLOVET + (0.01)HPROBT + (0.04)WLOVET + (-0.14)WPROBT;$$

$$\underline{R}^2 = 0.32, \underline{p} = 0.002.$$

$$2. \quad E(HD \ 1) = 34.54 + (-0.04)HLOVET + (-0.08)HPROBT;$$

$$\underline{R}^2 = 0.10, \underline{p} = 0.10.$$

Husbands' D2 behavior:

$$3. \quad E(HD \ 2) = -1.58 + (6.28)HTOTQUAL + (33.23)WTOTQUAL;$$

$$\underline{R}^2 = 0.14, \underline{p} = 0.03$$

$$4. \quad E(HD \ 2) = -2.71 + (0.15)MOSMARR + (0.06)HLOVET + (-0.05)HPROBT + (0.05)WLOVET + (-0.15)WPROBT;$$

$$\underline{R}^2 = 0.25, \underline{p} = 0.02.$$

$$5. \quad E(HD \ 2) = 1.03 + (0.03)HLOVET + (0.03)HPROBT + (0.08)WLOVET + (-0.15)WPROBT;$$

$$\underline{R}^2 = 0.16, \underline{p} = 0.10.$$

$$6. \quad E(HD \ 2) = 12.10 + (0.07)HLOVET + (-0.10)HPROBT;$$

$$\underline{R}^2 = 0.08, \underline{p} = 0.14.$$

Wives' D2 behavior:

7.  $E(WD\ 2) = 2.41 + (3.30)HTOTQUAL + (32.46)WTOTQUAL;$

$$\underline{R}^2 = 0.16, \underline{p} = 0.02.$$

8.  $E(WD\ 2) = 19.68 + (-0.01)HLOVET + (-0.05)HPROBT + (0.06)WLOVET$   
 $+ (-0.16)WPROBT;$

$$\underline{R}^2 = 0.16, \underline{p} = 0.10.$$

9.  $E(WD\ 2) = 17.61 + (-0.04)HPROBT + (0.05)WLOVET + (-0.16)WPROBT;$

$$\underline{R}^2 = 0.16, \underline{p} = 0.05.$$

10.  $E(WD\ 2) = 16.08 + (0.06)WLOVET + (-0.18)WPROBT;$

$$\underline{R}^2 = 0.16, \underline{p} = 0.02.$$

---

score is positively related to the husband's D1 score, while the husband's love score carries a negative sign. This finding indicates that in interactions where the husband is observed as tending toward U, the wives have reported greater quality (greater love, fewer problems) and in contrast, the husbands have reported less love. (The husband's report of problems is associated in a manner similar to the wife's; however, in equation 1 it has a negligible weight and appears to have little predictive significance.)

Equations 3 through 6, Table X, show a strong predictive relationship between the independent variables and the husband's D2 behavior. Equation 3 relates the individual mates' total experience of quality to the husband's D2 behavior. The wife's report of quality has greater predictive weight than the husband's, although both factors have a positive sign, indicating that as the mates' experience of quality increases, the husband's behavior is observed as tending in the P direction. Equations 4, 5, and 6 present the husband's and wife's experience of quality in terms of the love and problem components and predict HD2 from these. The trends observed in these equations are consistent with those noted for the over-all quality factors. Similar to the equations for HD1 the wife's report of problems is the most salient factor here also. In addition, equation 4 includes the factor MOSMARR and indicates that the length of the marriage accounts for a sizable portion of variance in the prediction of

the husband's D2 behavior. This equation indicates that the longer the couple has been married, the greater the husband's observed tendency toward P behavior.

Equations 7 through 10 show that the wife's observed D2 behavior can be predicted from the independent variables. The trends here for WD2 are similar to the trends noted for HD2. Equation 7 shows that the wife's global report of quality is much more significant in predicting her D2 behavior than the husband's, although both the mates' reports are positively associated with an increase in the wife's movement toward P behavior. Equations 8, 9, and 10 present the love and problem components of the mates' reported quality. The husband's report of love is practically negligible in accounting for the wife's D2 behavior, while her report of problems has the greatest weight. These results show that as mates' reports of problems grow in magnitude, observers scored the wife's behavior as tending away from the P direction. The opposite relationship was found for the wife's report of love; i.e., as she reported more love, she tended toward P behavior. The time-married factor showed no predictive significance for wives' D2 behavior, in contrast to the relationship reported for the husbands' D2 behavior and this factor.

## CHAPTER V

### DISCUSSION

#### Reliability and Validity of Present Results

The observers of this study agreed at a reasonably high level in their assessments of interactional behavior, and this result indicates that the dependent variable data are reliable. In addition, with respect to the demographic limitations outlined for the study, the subjects were well within these guides and constituted a relatively homogeneous population of young, college-educated, childless, recently married couples. In these two respects, in terms of sampling procedures, the requirements of the study appear to have been fulfilled adequately.

The data also showed, however, that the rate of participation among couples contacted as potential subjects was fairly meager. Self-selection, then, was a prominent factor in the assemblage of the sample. There is no way of knowing the effects of self-selection factors on the data, and the couples contacted surely had a variety of reasons for declining to participate, but it is apparent that DM couples were not represented in the sample here. The strongest and clearest finding of this study was that the great majority of the couples who participated reported their experience of marriage was very high in love, with few problems. The comparisons with Fiore's (1972) samples showed that the present sample included exclusively FM couples.

Along with the self-selection factors operative in the procedures for obtaining couples, other confounding processes may have influenced this study. It is possible that the persons who did participate responded to the independent variable measures with a social desirability set. The items of the Love and Problem Scales are quite direct in the way they ask about feelings toward and experiences with the mate, and it is easy for a person to respond to these inventories from the perspective of how they would like the relationship to be or how they would like others to see it.

It would have been possible to assess the social desirability of the items, but such measures were not taken in the present research and no previous data are available that would allow social desirability to be studied as a variable in this work. In any case the point that seems to override such possible flaws in the study's design is that while social desirability and other factors may have diluted the applicability of the findings, it can also be said that any significant results presented here were found almost in spite of possible confounding factors. Thus, while the trends noted in this report consequently lose some of their generality, they still possess a certain clarity because the persons for whom they apply are well defined and the possible confounding factors are recognized.

Along with this consistency among subjects on the independent variables, it was found in this sample of FM couples that the large majority also appeared to the observers to tend

in their interactions toward the UPF octant of the Bales (1970) three-dimensional space; most of the remaining subjects appeared in the parts of this space close to the UPF octant. In Chapter I the study of Swensen (1973a) was reported in which he found no consistent patterns of life style for FM persons. Although Swensen had attempted to categorize the couples according to the Bales dimensions, his data were not obtained in so direct a way as by observers rating interactions they witnessed. His data were instead derived from the mates' self reports about their lifestyle. In contrast, the present sample of FM subjects tended strongly in their ongoing behaviors in the UPF direction and also showed the more subtle results discussed throughout this chapter.

It is possible that the observed behaviors were significantly biased by the experimental procedure rather than being a representative sample of the mates' interaction with each other. Several of the subjects remarked that they had an "on-stage" feeling and believed that this anxiety strongly influenced their behavior, thus implying that their behavior was public behavior and their actions were directed to third persons, rather than the mate, and that their dyadic behavior would have been significantly different from what the observers were able to see. However, other participants reported that they were at ease and that their interaction in the laboratory was quite typical.

The problems presented by the implications of unnaturalness are of course inherent in any laboratory research. While they lead to justified criticism, the questions arising may also be regarded as limited in scope. Even though the experiment created tension, it is possible to assume that the mates handled this tension in ways typical of their interaction. The situation may have been of a particular kind, to their perceptions, but it should not have been unique or the primary determiner of their interaction. It seems reasonable to accept the dependent variable data as valid and representative and to proceed from the finding that in the FM sample, consistent patterns of interactive behavior in terms of the Bales dimensions were observed.

Data pertaining to the validity of the independent variables were presented in Chapter IV. It was noted that the Love and Problem Scales were related to each other in a fashion consistent with the study's definition of quality and that there was considerable agreement among the husband's and wife's reports of quality.

These constraints thus define the context in which all subsequent findings must be viewed. Within this context the present study seems to show meaningfully how marriage partners integrate with each other the three basic dimensions of interpersonal interaction: power, affection, and social movement.

### Hypotheses Tests

The hypotheses formulated for this research were tested by the data through correlational and regression analyses. It has been noted that the hypotheses were being tested here, not by findings from a broad sample, but in a closely homogeneous group, and therefore, questions about interaction dynamics across a large range of marital situations could not be answered by the present results.

Hypothesis 1 stated:

As the mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a reciprocal manner with regard to the D-U dimension in interaction; i.e., mates reporting higher relationship quality will appear more dissimilar in the D-U types of behavior they exhibit than those reporting lower quality.

The results of analyses which treated the difference between the mates' D1 behaviors as the dependent variable serve as this hypothesis' test. The analyses indicated that there were no significant relationships between the independent variables and the mates' D1 differences. Therefore, hypothesis 1 was necessarily rejected.

However, the data implied that an alternative hypothesis might be appropriate for accounting for the dynamics by which the mates exchanged their D1 behavior. A significant trend appeared in the data which showed that as the wife experienced greater quality, the sum of the couple's behavior on D1 tended

in the U direction. The husband's report of quality, though, was associated in the opposite manner; i.e., as the husbands reported less quality, the couple's total D1 behavior tended toward U. The wives' reports carried significantly greater weights, which accounted for the combined husband and wife quality score being similar to the trend for wives.

These results clearly showed that the hypothesized social exchange dynamic was not applicable in any straightforward manner to the data of the present sample. The results showed that experienced quality was related to D1 behavior in an unexpected fashion and that the husband's report of quality was associated with D1 behavior in a way different from the wife's. Alternative explanations of these results are discussed in the next section of this chapter.

Hypothesis 2 stated:

As mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a corresponding manner with regard to the N-P dimension in interaction; i.e., mates reporting higher relationship quality will appear more similar in the N-P types of behavior they exhibit than those reporting lower quality.

The results of the present study gave strong support to hypothesis 2, and there were several forms which this support took. First, the results indicated a strong positive correlation between the husband's and wife's D2 scores. Since most of the entire subject pool of the study reported high quality, there

appeared to be a strong association between experienced quality and mates' D2 similarity. Second, the simple correlational findings indicated a trend in which the difference quantity between mates on D2 was negatively associated with reported quality, although these results for the most part only approached statistical significance. Finally, the multiple regression findings showed that larger differences in the mates' D2 scores could be predicted for couples who reported lower experienced quality than those who reported high quality.

The multiple regression analyses indicated an additional trend, however. It appeared that the prediction of greater differences in mates' D2 scores from diminished reports of quality depended primarily on the wives' Love and Problem Scale scores, while the husbands' data actually showed some indications (though with significantly less weight) of a counter trend. When the mates' D2 scores were summed, showing the total tendency of the spouses toward P behavior, the results for the husband and wife were consistent with each other, and a larger portion of the dependent variable's variance was accounted for by the independent variable. In the latter equations also, the wives' quality reports carried greater weight. These results regarding the sum of the mates D2 behavior thus indicated that the data supported a modification of hypothesis 2 to the effect that mates who reported higher experienced quality showed greater tendencies toward P behaviors than those who reported lower quality. This modification implied that persons who may be similar but tend

toward N behaviors in their interaction would not experience as much quality as P persons. This matter is also discussed in the next section.

Hypothesis 3 stated:

As mates tend to report higher quality in their experience of their marriage, observers will note that they tend to relate to one another in a corresponding manner with regard to the B-F dimension in interaction; i.e., mates reporting higher relationship quality will appear more similar in the B-F types of behavior they exhibit than those reporting lower quality.

The findings of this study lent support to hypothesis 3.

There were no indications in the results that alternative hypotheses would give an equal or better account of the data. The support for hypothesis 3, as for hypothesis 2, came in several forms. First, there was a significant correlation between the husband's and wife's D3 scores for the entire sample, and since the sample as a whole consisted of FM couples, a trend of association between reported quality and D3 similarity was inferred. Second, a correlational trend was found, although it only approached significance, in which increases in reported quality were associated with decreases in the mates' D3 difference. The third piece of evidence came from the multiple regression equations developed for predicting the mates' D3 difference. These equations only approached significance, but they indicated a clear trend in which the D3 difference was negatively associated with the various terms reflecting reported quality.

Over-all then, only hypothesis 3 was supported without the implication that an alternative hypothesis would be more appropriate, although at only a moderate degree of confidence. For the remaining hypotheses, hypothesis 2 received support, but an alternative hypothesis was suggested by the data, and the other, hypothesis 1, was unsupported, with strong indications that an alternative hypothesis was required. These implications are discussed in the next section. Several comments can be made here, however, about D3, the hypothesis about which there was the least-confounded support in the study.

This last dimension of Bales, B-F, refers to the attitudes a person holds toward tasks and projects. The two other dimensions of Bales may be regarded as related to value directions that are relevant primarily to the interaction between the spouses, and in fact these two dimensions are basically the areas of concern to the role theory view of marriage: power, or dominance, and affection. The B-F dimension, however, may be seen as referring to factors beyond the immediate interaction of the mates, and this dimension seems to reflect the person's orientation to matters of the world external to a particular interaction. The B-F dimension seems most closely a measure of the feelings and attitudes one has toward things in general, rather than toward the mate. The data here showed that a person who is oriented to the world in terms of attitudes consistent with conventional goals found greatest satisfaction with a mate who is similar and, likewise, a person who is more concerned with fantasies, ideals,

or theoretical possibilities than accomplishment found a mate of similar orientation most compatible.

Alternative Concepts of Interpersonal Dynamics  
Relating to the Present Results

The results have shown that theoretical constructions other than those used in formulating the original hypotheses may be appropriate for associating the mates' D1 and D2 behavior patterns with their reports of marital quality. The hypotheses of the study were tests of the dynamics Carson (1969) proposed for social exchange. Usually, for any set of empirical data, numerous explanatory hypotheses are potentially available, but the discussion here is limited to the two perspectives introduced in Chapter I: role theory concepts and social exchange.

The results showed a difference between husbands and wives in the way their reports of experienced quality were associated with D1 and D2 behavioral trends. Sex differences between mates' behaviors are the bases of role theory, and if the sex differences found here are compatible with those hypothesized by the role perspective, these data might best be interpreted in this way. Role theory suggests that the husband leads the couple in areas requiring instrumental behavior and the wife leads when affective behaviors are primarily involved.

The behavior observed and rated in this study was generated by tasks given in an experimental context. It was noted earlier that the topics for discussion constituting the

experimental tasks were selected because they seemed to stimulate personal involvement and affective responses, but it seems more realistic to assume the prominence of the task's instrumental components, e.g., holding a 15-minute conversation at the request of the experimenter. On this basis, in couples reporting higher quality the husband might, in fulfilling his role, be expected to lead in the task and show the observers more U behavior than his wife.

These considerations imply that the mates' perception of the task is an important variable. Unfortunately, the sex role emphasis inherent in the task used here is not known, and further research would have to be conducted in which task was formally studied. In any case, no association was found between reported quality and differences between mates on D1, and thus hypothesis 1 was not supported. This result indicated of course that neither sex consistently showed more U behavior than the mates.

Although no association was found relating reported quality to mates' D1 differences, the findings did indicate that as the wives' experience of quality increased, the totality of the mates' U behavior increased. However, the husbands' quality reports related to the sum of the observed D1 behavior in an opposite fashion, but with significantly less weight than the wives' reports. Data analyses were performed in which the components of the couples' D1 sums, i.e., the individual mates' D1 behaviors, were separated and predictive equations for these

Level-I dependent variable units were sought. It was found that no relationship existed between the independent variables and the wives' D1 scores. However, for the husbands' D1 scores it was shown that as they tended toward U behaviors, their wives reported greater quality, while the husbands themselves reported less quality, although this latter association was statistically weaker than the positive association between U behavior and quality for wives. This finding indicated for males' D1 behaviors a relationship between variables similar to that found for the D1 sum. Thus it appears that husbands' D1 behaviors alone change in values in a consistent fashion and account for the relationship found between the D1 sum and the independent variables.

These dissected results showed that as the wife reported greater quality in the marriage, the husband's behaviors on the task tended toward U, and caused the total amount of U behavior observed for the couple to also increase. While the husband's reports of quality were statistically less significant, nevertheless, as he reported greater quality, his behavior appeared less U to the observers. In summary, in marriages experienced by the wives as high in quality, the husband appeared U, and a weaker trend showed that in marriages the husbands found highest in quality, they moved away from U in their behavior.

In interpreting these results it appears that the husband and the wife have different expectations about the male's D-U behavior. Wives like those studied here may want their

husbands to tend toward U on tasks such as the experimenter provided, and such a tendency on his part may be associated with the wife's greatest marital satisfaction. In contrast, the husband may be content to behave more moderately in terms of this dimension. These results suggested opposition between husbands and wives in the behavioral expectations they hold for the male role with differential effects on their experiences of quality in their marriage.

It is necessary to remember that the entire sample of subjects was composed of FM couples. With this sample characteristic in mind, this trend as a possible source of conflict in the mates' relationships may also be regarded in the light of a statement made by Bales (1970). Bales said,

In a two person group there is no literal third person, hence there is no impartial or impersonal judge. If a two person group cannot run on the assumption of "love" it cannot run, since neither norms nor coalitions have their usual representation in actual third persons. Individuals in a two person group tend to adjust to their problem of having no third person, or judge, to appeal to, by being very careful to maintain the appearance, at least, of solidarity. They tend to have high rates of agreeing, and low rates of disagreeing, but they also have high rates of showing tension--all indications that they tend to suppress disagreement and negative feeling. (1970, p. 79)

It would be interesting to see if these same trends exist and appear with greater strength in a sample of couples reporting low marital quality, on the assumption that they are

less skillful at suppressing their negative feelings, with negative consequences resulting for the mates' experience of the marriage. Apparently the present sample of marriage partners do not make into big issues the role disagreements they may have. The divergent expectations they may hold appeared as only subtle indications of tension around the D-U behavioral dimension, the dimension reflecting power, and the mates' experience of quality did not seem severely affected.

The N-P dimension relates to the affectional behavior of the spouses. By inferring from role theory it would be expected that the wife would be more sensitive to the interactional factors this dimension reflects. The results here showed that the wife's report of her experience of marital quality carried weights generally three times as great as the husband's for predicting the total D2 score, a measure of the total P behavior observed in the interaction. The wives' independent variable scores were also more strongly associated with the individual husband and wife D2 behaviors and showed that as she reported greater quality, both she and her husband tended toward P behavior. Thus, wives in this sample follow the role theory predictions regarding their behavior by reflecting stronger associations between their experience of the marriage and the affective interactional dimension.

Recapitulating, this study has shown, on the basis of its data reflecting the power dimension in interpersonal relations and the affective dimension, results that are appropriate

for role theoretical considerations. A possible conflict was noted between males and females over their expectations about the husband's role in a marriage, although in the present sample the conflict was adequately suppressed. It was also concluded that the wives studied here appeared to be fulfilling the model for their behavior prescribed by role theory.

A third result from the study is also relevant to this discussion. It was found that the husbands' reports of marital quality were negatively associated with the length of the marriage; i.e., as the time married increased, their experience of quality declined. This trend indicates that as the couple's shared history increased and an interaction pattern unique to that relationship had time to evolve, the husband's experience of quality became reduced. Wife's data did not show this trend.

These three findings all imply that the wife's experience of quality is more closely related to the interaction she engages in with her mate. The absence of time-effect results for her indicated that over time she does not tend to grow dissatisfied with the relationship, as her preconceptions and images of her husband are replaced by interactional knowledge of him from a variety of interpersonal situations. The male, on the other hand, may experience, along with the dissolution of his idealizations about his mate, increasing demands from the relationship. These exigencies were especially strong in terms of the behaviors subsumed by the power dimension, although the wife also appeared quite sensitive to the husband's affectional behaviors.

A speculative conclusion that may be drawn from these findings is that males may find marriage a more difficult and formidable relationship than women. This tentative assertion from the findings implies that male socialization, which emphasizes the instrumental role, leaves men less prepared by comparison to women for engagement in a highly complex and demanding interpersonal relationship like marriage.

Questions for additional research abound in this speculation. The nature of marriage is a field for a great deal of future work, and it would be interesting to study in detail how socialization and interpersonal dynamics are related to changes in the institutionalization of love between persons. One may conjecture as to how husbands' and wives' attitudes about role behavior and divisions of labor are related to interpersonal dynamics in marriage. Which sex's expectations for their prospective mates are the most dissonant with the others' self-pictures? How do changing life-styles relate to changes in interpersonal interaction in relationships such as marriage?

A final theoretical note is pertinent to the findings regarding Bales' N-P dimension. Although evidence was found which supported the hypothesis derived from social exchange theory for D2, additional trends in the results indicated that hypothesis 2 might be modified. To review these results, it was found that the positive correlation between quality and mate similarity on D2 was possibly attributable to an even stronger positive correlation between quality and the mates'

tendency toward P behavior. The sample, as noted, was composed of FM couples, and these couples were seen as predominately P in their behaviors. Because of this sample limitation, the evidence for modification of the hypothesis may be a function of the sample primarily, and the general compatibility of mates who are similar on this dimension would be found in a larger sample. It would be necessary to study additional couples whose N behaviors were more prevalent as a more definitive test of the hypothesis.

Hypothesis 2 cannot be rejected on the basis of the present results, and an alternative hypothesis relating reported quality to P behavior must be regarded as untested here. However, there are theoretical reasons for believing that such an alternative formulation might be better than hypothesis 2.

From the social exchange perspective Carson (1969) discussed persons whose development included what he called a "negative transformation." He stated that these persons may carry a great deal of guilt and, for them, some reward is received when they prompt negative interactions, because they are then able to alleviate their own feelings of self-negativity. In this way they gain support of their self-image from another. However, this form of relating imposes severe limitations on their relationships. Even though the security of the self-picture is maintained by negative interaction, it seems inevitable that the experienced quality of their relationships is compromised. In short, while similarity is the principle by which compatibility

dynamics may be best understood on this dimension, for the N person the quality of the relationships is bound to be low.

Carson outlined some interpersonal dynamics regarding the degree to which a person is dependent on others for a particular kind of response. He viewed great dependence in relationships as a state in which there is a strong need for particular types of interpersonal responses and the person's tolerance for variability in the kinds of others' responses is constricted. It follows that the N person has a very narrow range in his ability to accept responses from others, because the N person is always close to experiencing anxiety and insecurity. His self-image is rigid and brittle, and so are his expectations about other's behavior. All his relationships carry a high cost, and consequently alternatives, in the form of new relationships replacing his on-going ones, are not feasible. Thus, even though a N person may find compatibility with a mate who is similar to him, he still is not likely to experience high quality. It may be reasonable to suppose that for N persons a sustained marriage of high experienced quality is an impossibility.

#### Implications of the Present Results

Most of the subjects who participated in this study tended toward the UPF part of the Bales space, and Bales (1970) has provided descriptions of the personality characteristics of such persons: they show primarily an interest in social solidarity and social success, loyalty, friendliness, and a spirit of cooperation.

These personal characteristics manifested in interpersonal behaviors may be a determiner of the quality experienced by a person in his relationships. It has already been noted that the person tending toward N in his behavior may be severely limited in the relationship quality he can experience. However, it is also plausible to suppose that the way a person experiences relationships in general, going back to infancy and prior to marriage, in terms of love and other aspects of quality, determines his interactive style. Experiences in intimacy and the ability to love may thus be prerequisite to quality in interaction.

In Chapter I this same dilemma was raised with regard to the choice of independent variable, and this issue was skirted in designing the study. There, as for this discussion, no data are available to settle the question about which set of variables is more inherent in personality. In any case the present results have shown that these two aspects--interactional personality characteristics and high experienced quality--are associated with each other to a highly significant degree. Moreover, personality was only a tangential interest of this work; the nature of marriage was selected as the main focus of study.

This discussion of experienced quality and interpersonal behavior may be linked to the subject of marital form. It may be assumed that the criteria for satisfaction in a companionship marriage are different from such criteria for an institutional marriage. It was noted in the beginning of this report that in

a companionship marriage the mates have chosen one another on the basis of what each is as a person, rather than on the basis of parental wishes or the values of some other societal authority. The characteristics of the present sample of persons, listed above, would seem to be the sort of traits essential to a companionship marriage and less important to an institutional marriage. On the basis of the findings and the inferences drawn from these results regarding interactive styles, it appears that the couples studied here enjoy companionship marriages. Also, on the basis of their demographic characteristics some support is given to such a claim; i.e., it is the young and recently married who would be expected to be in the vanguard of the contemporary trend toward companionship marriages.

These considerations about companionship marriage and the interactional aspects of such relationships may be relevant to marriage and to pre-marital counselors. The findings here provide clues to ways in which a married couple can ameliorate a deteriorating relationship or to the possibilities of success a proposed marriage may have. In counseling a couple seeking advice, it would seem, discussing with them the interactional behaviors they engage in might be highly fruitful. It is well established that power, affection, and social movement are fundamental concerns in interpersonal relations, and for the highly functional couples studied here, different principles of compatibility were found for each interpersonal dimension.

Based on the present findings, a counselor might tell a couple that power may be a most difficult area to balance in their relationship. He could say that they may find that they hold opposing expectations, especially for the male's behavior, and give suggestions as to how they may best handle their difficulties. He could inform them that the woman is usually the most sensitive partner with respect to behavior in the affective area, that men have a greater tendency than women to simply grow tired of the relationship, independent of the woman's feelings about it or the interactional behaviors they engage in with each other. A couple may also be counseled about the values they possess with regard to matters beyond their marital interaction, which may nevertheless influence their experience of the relationship. With respect to this subject it has been shown here that similarity on the social movement dimension is quite important for marital satisfaction.

The implications from the results of this study may simply provide another way for counselors to say what they already say. However, the findings here have been obtained from couples possessing highly functional relationships, and since a marriage of high quality is of course the primary goal of counseling, suggestions made from such a data base may be particularly appropriate. It is hoped that the information provided here may contribute to the field of marriage.

## APPENDICES

## APPENDIX I

### APPROACH TAKEN ON PHONE IN RECRUITMENT OF SUBJECTS

Mr./Mrs. \_\_\_\_\_? My name is Carl Nickeson. I am a graduate student in psychology, and right now I am doing my dissertation research on marriage. I am contacting you to see if you are a couple without children who have been married between one and five years and possibly interested in participating in a study that takes one hour. If you are interested let me give you some more details.

I am specifically studying interaction between husbands and wives. What I ask you to do in the hour is to first take a questionnaire, and then to engage in what I call an interaction sequence. This interaction sequence consists of my giving you and your spouse a card with a topic on it and asking you to discuss the subject between yourselves. The interaction will be studied by having three fellow graduate students observe your discussion and rate it on some scales.

The meeting will be at your convenience--evening, day, or weekend. As a consequence of this flexibility I cannot have the observers actually present for many of the interactions, and so I ask you to allow me to videotape your discussion for them. The tape is erased after they rate it, and all materials are strictly confidential.

After the results are compiled I will be glad to meet again and tell you your scores, and what they mean. Will you participate?

## APPENDIX II

## RATING FORM USED BY OBSERVERS IN THE STUDY AND SCORING KEY

## RATING FORM FOR OBSERVERS (from Bales, 1970)

Respond "yes" ( ), "no" ( ), or uncertain (?) to each question for each spouse.

H	W
_____	1. Is <u>S</u> 's rate of participation generally high?
_____	2. Does <u>S</u> seem to rate himself/herself highly on all good and/or socially popular traits?
_____	3. Does <u>S</u> seem valuable for a logical task?
_____	4. Is <u>S</u> 's rate of giving suggestions on group tasks high?
_____	5. Does <u>S</u> make inhibitory demands and want to enforce discipline?
_____	6. Does <u>S</u> seem dominating?
_____	7. Does <u>S</u> seem to demand pleasure and gratification?
_____	8. Does <u>S</u> make many jokes or show many fantasies?
_____	9. Does <u>S</u> seem able to give a lot of affection?
_____	10. Does <u>S</u> seem friendly in his behavior?
_____	11. Is <u>S</u> 's rate of giving agreement generally high?
_____	12. Is <u>S</u> generally very strongly work oriented?
_____	13. Does <u>S</u> seem to emphasize moderation, value-determined restraint?
_____	14. Does <u>S</u> seem unfriendly in his behavior?
_____	15. Does <u>S</u> seem to feel that others are generally too conforming to conventional social expectations?
_____	16. Does <u>S</u> seem preoccupied with wishful fantasies?
_____	17. Do you feel liking for <u>S</u> ?
_____	18. Does <u>S</u> seem calm, understanding?
_____	19. Does <u>S</u> seem to believe that equality and humanitarian concern for others are important?
_____	20. Does <u>S</u> seem very introverted, serious, shy, introspective?
_____	21. Does <u>S</u> seem to plow persistently ahead with great inertia?
_____	22. Does <u>S</u> seem resentful?
_____	23. Does <u>S</u> seem to accept failure and withdrawal for himself/herself?
_____	24. Does <u>S</u> seem to withhold cooperation passively?
_____	25. Does <u>S</u> seem to be appealing for understanding?
_____	26. Does <u>S</u> seem to devalue himself/herself?

## Key to Dimensional Loadings

1. No = D	Yes = U	14. No = P	Yes = N
2. No = DN	Yes = UP	15. No = PF	Yes = NB
3. No = DNB	Yes = UPF	16. No = F	Yes = B
4. No = DB	Yes = UF	17. No = NF	Yes = PB
5. No = DPB	Yes = UNF	18. No = UN	Yes = DP
6. No = DP	Yes = UN	19. No = UNB	Yes = DPF
7. No = DPF	Yes = UNB	20. No = UB	Yes = DF
8. No = DF	Yes = UB	21. No = UPB	Yes = DNF
9. No = DNF	Yes = UPB	22. No = UP	Yes = DN
10. No = N	Yes = P	23. No = UPF	Yes = DNB
11. No = NB	Yes = PF	24. No = UF	Yes = DB
12. No = B	Yes = F	25. No = UNF	Yes = DPB
13. No = PB	Yes = NF	26. No = U	Yes = D

## APPENDIX III

TRAINING MANUAL AND INSTRUCTIONS FOR USE OF THE  
INTERPERSONAL BEHAVIOR RATING FORM OF BALES

The questions on the rating form are interdependent. Different questions may relate to similar behaviors a S exhibits. As an observer you are to answer each question by itself, without regard as to whether it may be partially redundant with another. For example, you may answer #3 "yes" on the basis of S's giving of suggestions. Number 4 also may be answered affirmatively on the basis of S's suggestions, and, because you have already "used" his suggestion behavior in #3, you must not hesitate to respond "yes" to #4, also.

In considering your ratings of the mates in this study please make your ratings of the husband independent from those of the wife, and vice versa. Of course, their behaviors are interactional, and so a particular style on the part of one has an effect on the behavior of the other. However, in responding to the questions on the rating form you must disregard the rating you gave to one person when you rate the spouse.

I would like to suggest some rules to insure that the rating given one does not effect the rating given the spouse. 1) Go down the form two times, once for the husband, and once for the wife; 2) Conceal the mate's rating when going down the second time; and, 3) Alternate across couples which spouse you rate first, i.e., H then W, and W then H.

Criteria and behaviors for answering affirmatively to a rating question

1. Is S's rate of participation generally high?

This category refers to the amount of interaction initiated or acknowledged, and "generally high" refers to S's participation in at least 42% of the interactional acts, e.g., S must do no less than 42% of the talking.

2. Does S seem to rate self highly on all good and/or socially popular traits?

Behaviors indicating social extroversion, friendliness, and self-assurance, e.g., taking the initiative in friendly acts, showing comradeship, expressing empathy and agreement, etc. Also, making statements advocating social success.

3. Does S seem valuable for a logical task?

Leadership behaviors, S promotes solidarity and interest in the experimental task, e.g., conciliatory, mediating behaviors, tact, diplomacy, urging cooperation, paternalistic suggestions, etc.

4. Is S's rate of giving suggestions on group tasks high?

This category includes routine control of communication and the direction of the couple's attention to task problems as well as substantive suggestions. Thus, mentioning a problem to be discussed, calling attention to what one is going to say, or pointing out the relevance of what one is saying or doing are instances. This includes even signals that are meant to control attention, e.g., clearing the throat, etc.

5. Does S make inhibitory demands and want to enforce discipline?

This refers to the fusion of an ascendant attitude, moralistic orientation, and negative feeling toward the other, e.g., expressions of prejudice, advocacy of autocratic authority, attempts to control, regulate, govern, direct, or supervise in a manner which seems arbitrary, and in which the freedom of choice or consent of the other person is either greatly limited or non-existent, with the implication that he has no right to protest or modify the demand, but is expected to follow the directions immediately without argument, e.g., "Hurry up", "Stop that". Also included are indications that one is indignant, offended, or insulted, such as grim expressions, etc.

6. Does S seem dominating?

This includes aggression, such as conspicuous attempts to override the other in conversation, interrupting, interfering with his speaking, gratuitously finishing his sentence when he does not want help, insisting on finishing one's own sentences or complaining, finding fault. Strong assertion of one's claims, trying to outdo, argumentation. Also, glaring, frowning, moving in a threatening manner; indications of envy, and jealousy, or attempts to take something away from the other.

7. Does S seem to demand pleasure and gratification?

Include entertaining, loud, guffawing behavior; shows behavior indicating non-submissiveness to authority, excessive non-conformity or independence, acts which, from the point of view of the person in authority, are seen as disobedient, rebellious, irresponsible. S is disrespectful, discourteous, impudent, bold, saucy, flippant. Also, attempts to attract attention by mannerisms, expressive gestures, emphatic or extravagant speech, posturing and posing for effect, bragging, praise of self, exhibitionistic behavior, or posing as unique and mysterious with a negative element present in this behavior.

8. Does S make many jokes or show many fantasies?

Include dramatizing, where S presents images or potential emotional symbols to the listener. A joke is a story or an anecdote about persons or personified beings in which diverse acts and diverse feelings are portrayed in a non-conventional manner. Look for stories or tale-like expressions dramatized by the color of their action, giving non-serious or non-literal suggestion, e.g., clowning, bantering, kidding, etc.

NOTE: #8 may sometimes be similar to #7, but may be distinguished from #7 by its absence of a negative element.

9. Does S seem able to give a lot of affection?

Behaviors that put the other at ease, show spontaneous warmth; reassuring, takes the initiative in praising, rewarding, boosting the other, and giving approval or encouragement when he is having difficulty in performing adequately. Giving strokes or interpersonal rewards that are not conditional upon conformity to some expected pattern. Any manifestations which O interprets as nurturant, gentle, maternal, paternal, benevolent, humanitarian, merciful, or charitable is included.

10. Does S seem friendly in his behavior?

Appears relaxed, well-adjusted to the situation. S assumes equality between himself and the other. He is congenial, sociable, affiliative, cordial, or informal. He compliments the other, gives him credit, shows enthusiasm for his views, applauds him, and even may give him approval, provided the status implications are those of equality.

11. Is S's rate of giving agreement generally high?

Less overt forms include giving signs of recognition as the other speaks; showing interest, receptiveness, readiness, responsiveness, such as looking at the speaker, etc. Giving signs of attention as a means of encouraging him to say what he wishes, e.g., by nodding the head, saying "M-hmm", etc., completing what he says, or otherwise aiding and facilitating communication.

More substantial forms seem to commit the agreeing member to the content of what has been said, and as if they might be relied upon later. A person may express confirmation, conviction, accord, concurrence, assent about facts, belief, inferences, etc., e.g., "That is the way I see it too," "I hope so too," "I also feel that way," etc.

12. Is S generally very strongly work oriented?

Participation consists of task oriented opinion or analysis, e.g., "Maybe it could be . . .," "If we add two and two . . .," "If that's true then we can guess that . . . ." S proceeds instrumentally toward goals given by E; goals of the task are not thought of as self-generated, but as received, and accepted from a source of authority. S advocates conservative group belief, e.g., statements of moral obligation, statements of policy, intention, law.

13. Does S seem to emphasize moderation, value-determined restraint?

Strives to be "objective" in tone; tends to arouse guilt in others; blandly ammends the other's opinions about the .

situation in a distant impersonal way. Appears mainly task- or value-oriented, and persists conscientiously in spite of resistance from others.

14. Does S seem unfriendly in his behavior?

Shows disagreement with the other, suspiciousness. More generally, seems isolated psychically detached, isolated, indifferent, impersonal, formal, distant, unsocial, reserved, secluded, unapproachable, exclusive, or forbidding especially in responding to an approach of the other. Passive refusals to act which frustrate the other may be included, e.g., acts in which one thwarts, balks, blocks, or obstructs the way of the other. Acts of "defensiveness" often fit in the category.

15. Does S seem to feel that others are generally too conforming to conventional social expectations?

S indicates a negative attitude both toward the other, and toward the values which he expresses. S is non-compliant, and is negativistic, stubborn, resistant, obstinate, refractory, contrary, sulky, or sullen toward the efforts or imagined efforts of the other toward restraint.

16. Does S seem preoccupied with wishful fantasies?

S expresses improbable ambitions, seems unable to decide things. Expresses rejection of traditional belief. Does not depend upon logical analysis as the means of making his points, but instead uses pictures, and feeling to form and guide his statements. He dramatizes, jokes, and laughs to a relatively high extent. His statements may be cryptic and vague.

17. Do you feel liking for S?

Look for acts that seem friendly, which set aside or have no relevance to the group task. S gives permissive grins or shrugs, knowing looks, or wags of the head which indicate to the other that he is accepted and liked. S shows warmth.

18. Does S seem calm, understanding?

Look for acts in which there are signs of positive feeling or emotion, and which at the same time are somewhat submissive. S shows tolerance toward the other's behavior, stable, seems to trust in the goodness of others. S expresses gratitude or appreciation, shows admiration, esteem, respect, wonder, or reverence toward the other. Sometimes S's positive feeling may appear primarily in contrast to the other, as, when in response to aggression directed toward him, the person is submissive, acquiescent. Allows self to be talked down, surrendering, giving in, acknowledging defeat; standing aside and letting the other aggressively push.

19. Does S seem to believe that equality and humanitarian concern for others is important?

This question relates to displays of submissive friendliness; showing respect and concern for both the other person and conventional norms, e.g., by admitting errors and oversights, admitting that some objection or disapproval of the other is valid, conceding a point to the other on the basis of a logical proof or a value-based argument, asking the other's pardon when shown wrong. Include confessions of ignorance or incapacity, acts of apology, etc., unless they are so marked or extreme as to indicate underlying negativity. (Submissive friendliness overdone begins to seem unfriendly.) Look for acts of genuine altruism, modesty, humbleness, respect.

20. Does S seem very introverted, serious, shy, introspective?  
Low rate of dramatizing, and joking. Engages in acts which seem to be over-careful, over-cautious, over-prudent, vigilant, tense, and inhibited because of fear of possible blame. Indications that the person is over-scrupulous, conforming, conscientious, conventional, or dutiful because of fear of breaking group norms, and thus experiencing disapproval and guilt.
21. Does S seem to plow persistently ahead with great inertia?  
Acts of self-sacrifice for higher values, or apparent self-sacrifice which seem unfriendly, because although submissive and value-oriented, they imply an excessively harsh picture of the other, e.g., attempts to shame the other into some kind of desired behavior by acting as if injured, hurt, put-upon; acts which attempt to place the responsibility for the solution of one's own problems on the other which imply the other has not given the aid or support he should have given; acts of servility or fawning with ulterior purposes; acts of self-condemnation, shame, etc.
22. Does S seem resentful?  
Acts which are at the same time relatively passive and yet expressive of negative feeling. Indications of attitudes which seem over-cool, frigid, inexpressive, or unsmiling may be included. Passive forms of rejection, such as remaining rigid, silent, inexpressive, impassive, or responseless in the face of approaches of the other, or any passive withholding of love and friendship. Also, and manifestation of a partially repressed negative reaction to the other which seems cranky, touchy, testy, irritable, or sulky.
23. Does S seem to accept failure and withdrawal for himself/herself?  
Indications that one feels his efforts have failed, that some problems confronting him in his earlier or previous efforts to conform still remain; expressions of feeling frustrated, thwarted, or deprived; expressions of discontent, disappointment, discouragement, resignation, may be included, if the person conveys the feeling of rejection for both the affection

of other persons and the demands of norms. Actions or the display of attitudes which indicate that the person is inattentive, bored, or psychically withdrawn from the other and the problems at hand, e.g., slouching, yawning, looking away, and letting the eyes wander, refusing to talk loud enough to be heard.

24. Does S seem to withhold cooperation passively?

Submissive and non-conforming, yet not necessarily clearly negative in feeling about the other as a person. Several varieties of acts are scored in this category, not all of which seem similar on a superficial level. Laughter, in particular, may seem quite different from signs of anxiety and tension, yet both these behaviors may result in or be signs of passive resistance.

Minor outbreaks of reactive anxiety may be included, such as appearing startled, disconcerted, alarmed, dismayed, perturbed. Hesitation, fluster, flushing, blocking-up, etc. may also be included. More passive forms of hanging back are also included, such as evading the actual content of requests, shrinking from what is felt to be threatening, etc.

25. Does S seem to be appealing for understanding?

Submissive friendly responses, which at the same time indicate deviance from the value or task orientations of the other. S is unlikely to arouse dislike or negativity in the other, and in fact seems filled with good will, however, his behavior is somewhat tangential to movement of the conversation, progress on the task, etc., e.g., smiling, giggling, grinning in response to a compliment.

26. Does S seem to devalue self?

Submissive, low rate of participation, puts statements in informational rather than opinion form.

## APPENDIX IV

TASKS USED IN INTERACTION PROCEDURE  
AND INSTRUCTIONS TO SUBJECTS

When the Ss were taken into the videotaping room they were given the following orientation:

"This portion of the study entails simply a conversation between you two. I know the surroundings are not exactly like home, but I hope you are able to feel at ease, and just talk with each other as you usually do."

"In a moment, when I leave, I will give you a card with a topic for discussion on it. It is entirely up to you as to how you approach the topic."

"I would like you to remain here together for about 15 minutes. If you run out of things to say on the topic given come knock on the door of your room, and I will bring you another topic."

"Do you have any questions or comments before I leave you alone?"

The topics were given to all couples in the following order:

Task One

I would like you to discuss the division of labor in your marriage. You may approach this task in many ways. For example, in terms of your career aspirations, in terms of the way you handle the tasks of daily living, etc. There are vocations, jobs, and chores that you each consider rewarding, there are others that are tolerable, and still others that are repugnant. Work gives rise to a spectrum of feelings, and attitudes. I would like you to express yourselves around these aspects to each other.

Task Two

You may, or may not have children, now or in the future. Most persons, however, have feelings and opinions about children. For example, attitudes about how they should be reared and disciplined; about the pros and cons of bringing a child into the world today; etc.

I would like you to discuss the subject of children with each other. You may use my examples as points of discussion, or you may consider other issues of concern to you.

Task Three

Imagine yourselves at home, sitting in your living room. You are considering going to a marriage counselor. There may be problems you want to work out, or you may want to try something new in order to enrich your relationship. I would like you to discuss your feelings about seeing a counselor. You might bring up what you would work on, your relationship goals, etc.

## APPENDIX V

## EXPLANATION OF ABBREVIATED TERMS INTRODUCED IN TABLES

Table II

MOSMARR: Months married, i.e., the length of time the couple has been married in months.

HLOVET: Husband's love total, i.e., the husband's total score on the Love Scale, computed by adding Love Scale factors one through four, and six, and the difference between the total possible on factor five and the S's score on this factor.

HPROBT: Husband's problem total, i.e., the husband's total on the Problem Scale, computed by adding all the factors of the Scale.

HTOTQUAL: Husband's total quality, i.e., the husband's total amount of quality reported, computed by the following formula:  

$$\text{TOTQUAL} = [(\text{LOVET}/720) + (84 - \text{PROBT}/168)]$$
 This formula was constructed under the assumption that total reported quality should reflect equally the Love Scale and the Problem Scale. The range of the derived total quality scale was chosen by convention to fall between zero and one. Thus, the convention used for each component stipulates that they range from zero to 0.5 units on the derived scale. In the calculation the S's Love Scale score is divided by twice the maximum possible on the Scale, while the S's Problem Scale score, since its definition of quality is the inverse of the Love component, is first subtracted from the maximum possible, and then divided by twice the maximum.

WLOVET: Wife's love total.

WPROBT: Wife's problem total.

WTOTQUAL: Wife's total quality.

Table III

HD1: Husband's dimension one, i.e., the husband's score on Bales' dimension one.

HD2: Husband's dimension two.

HD3: Husband's dimension three.

WD1: Wife's dimension one.

WD2: Wife's dimension two.

WD3: Wife's dimension three.

Table V

COUPLELOVESUM:	The sum of the two mates' scores on the Love Scale.
COUPLEPROBSUM:	The sum of the two mates' scores on the Problem Scale.
COUPLETOTQUAL:	Couple total quality, i.e., the sum of HTOTQUAL and WTOTQUAL for a couple.
COUPLELOVEDIFF:	The difference between mates' scores on the Love Scale. This measure reflects disagreement between mates in their reports of love.
COUPLEPROBDIFF:	The difference between mates' scores on the Problem Scale. This measure reflects disagreement between mates in their reports of problems.
DIFFD1:	Mates' difference on dimension one, i.e., the units of difference between HD1 and WD1 for a couple.
DIFFD2:	Mates' difference on dimension two.
DIFFD3:	Mates' difference on dimension three.
SUMD1:	Mates' sum on dimension one, i.e., the total tendency of the couple to move toward a particular part of the Bales space.
SUMD2:	Mates' sum on dimension two.
SUMD3:	Mates' sum on dimension three.

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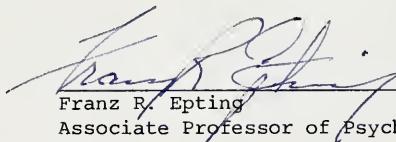
#### BIOGRAPHICAL SKETCH

Carl Nickeson, born in 1946, lived the first ten years of his life on a farm in northeastern Pennsylvania. In 1957 he moved with his family to Brandon, Florida. He graduated from Brandon High School in 1964 and enrolled in the University of Florida as a freshman that year. He received a Bachelor of Science degree from the University of Florida in June, 1968, and entered graduate school in the clinical psychology program that fall at Florida. In 1969 he earned a Master of Arts degree, and he was immediately drafted into the military. Upon release from the U. S. Army in 1971 he returned to the University of Florida to pursue the Doctor of Philosophy degree. He completed a clinical psychology internship in 1974. His education and training have enabled him to realize a long-held desire to be a counselor, and he intends to begin his career in psychology as a professional therapist.

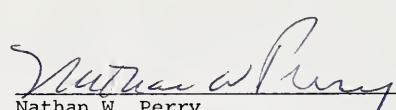
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Hugh C. Davis, Jr., Chairman  
Professor of Clinical Psychology  
and Psychology

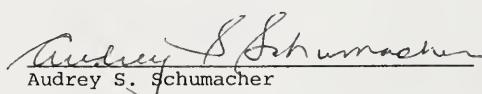
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Franz R. Epting  
Associate Professor of Psychology

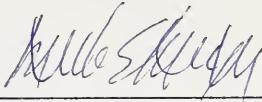
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Nathan W. Perry  
Professor of Clinical Psychology

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Audrey S. Schumacher  
Professor of Clinical Psychology  
and Psychology

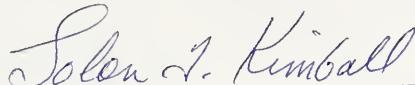
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Merle E. Meyer  
Professor and Chairperson of  
Psychology and Professor of  
Clinical Psychology

I certify that I have read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a dissertation for the degree of Doctor of Philosophy.



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Graduate Research Professor of  
Anthropology

This dissertation was submitted to the Graduate Faculty of the Department of Psychology in the College of Arts and Sciences and to the Graduate Council, and was accepted as partial fulfillment of the requirements for the degree of Doctor of Philosophy.

March, 1976

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Dean, Graduate School



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